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BATTLE OVER AMERICA'S MUSLIM BAN CONTINUES

Justice Department pushes back, states argue reinstatement would 'unleash chaos again'

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Ottawa metro

Your essential daily news | TUESDAY, FEBRUARY 7, 2017 | High -7°C/Low -8°C Snow

Spicer gets all spicy over SNL portrayal

And more from the administration that can let literally nothing go

metroLIFE

Justin Trudeau listens to a student during the Converge 2017 conference in Ottawa on Monday.
ADRIAN WYLD/ THE CANADIAN PRESS

ANY QUESTIONS?

Ottawa students weren't shy about demanding answers from the prime minister at Q&A with youth leaders

metroNEWS

'A time of caution'

U.S. IMMIGRATION

Ottawa lawyers step up to help those affected by Muslim ban

Adam Kveton
For Metro | Ottawa

Hundreds of lawyers across Canada are banding together against the Trump Administration's immigration policy.

A new coalition, spearheaded by Ottawa's Refugee Hub alongside several other organizations, formed this past weekend to organize volunteer efforts at Canadian airports, and gather information for American colleagues who are battling the White House's ban on refugees and on travellers from seven majority-Muslim countries.

The ban was suspended by a federal judge in Washington State Friday night.

Jennifer Bond, law professor and director of Refugee Hub, said now is "a time of caution and fear" for those considering crossing the border to the U.S. even though the moment of "high drama" has past since the travel ban was first introduced.

"People who are in the airports from the affected countries are feeling nervous," Bond said, "but so too are other people who aren't necessarily from those countries but may feel that they will be targeted just because of the way they look or how they are presenting themselves."

Despite the judge's decision to suspend the ban, there has not been a "huge rush" of people deciding to travel south from Canada, Bond said.

"We think that the window for them to travel might actually be quite short," she said.

The U.S. Justice Department submitted its case for restoring ban to a federal appeals panel on Monday night.

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Queen Elizabeth II makes history with 65 years as British monarch. **World**

Difficult subject tackled with dance and theatre

SEXUAL ASSAULT

The Ghomeshi Effect's director hopes to bring play to schools

Adam Kveton
For Metro | Ottawa

Though the Jian Ghomeshi trial had the attention of Canadians across the country, likely very few can claim it inspired them to create a dance-theatre production.

But that's just what it did for Ottawa-based director, producer and performer Jessica Ruano.

In fact, to her, dance and theatre seemed just the right way to address what some have termed the Ghomeshi Effect: the fact that people are talking about sexual assault and how it's handled in the legal system.

To create the show, titled The Ghomeshi Effect, Ruano conducted 40 interviews with lawyers, parole officers, support workers and everyday people with opinions, as well as survivors of sexual assault and their families.

None of the interviewees was part of the Ghomeshi trial, said Ruano, and every interview was anonymous and confidential.

During the show itself, dancers perform choreography while reciting parts of those interviews.

"In the show, (the audience is taken) through the journey that a person might take when engaging with the legal system," said Ruano. "From the incident itself to speaking to a lawyer to filing a claim to actually being in court. And then what happens afterwards, because as we know, it doesn't end when the verdict comes out."

The play finishes by looking at coping mechanisms survivors and others developed, as well as potential legal-system reforms that could help to reduce the trauma involved in going to court.

The cast of The Ghomeshi Effect. The production will have performances at the Gladstone Theatre and the Shenkman Arts Centre. CONTRIBUTED

> **One person I interviewed said that she found going through the legal system arguably more traumatic than the incident itself**
> Jessica Ruano

"One person I interviewed said that she found going through the legal system arguably more traumatic than the incident itself, and I think that's really saying something," said Ruano.

Asked why set this all to dance, Ruano said, "Sexual violence is very much about the body, so it made sense to me to make it a very physical experience … (dance) has ways I think of either deepening the text, adding more to the text, or softening it."

With performances at the Gladstone Theatre and the Shenkman Arts Centre now over, Ruano is fundraising and holding meetings to get The Ghomeshi Effect into high schools.

More information can be found at theghomeshieffect.com.

HEALTH

Feds seek new cig warnings

Ryan Tumilty
Metro | Ottawa

While the government looks to remove brand names from a pack of smokes, it also wants new warnings to help deter people from lighting up.

Health Canada has launched a graphic design competition for new cigarette warnings. At the same time, the agency is considering plain packaging, which would remove companies' logos in favour of simple text.

André Gagnon, a spokesperson for the agency, said it was time to update the warnings currently on cigarette packages.

"Research and analysis has shown that updating and refreshing health-related messages on tobacco products helps to maintain their effectiveness," he said in an email.

Gagnon said the change to the health warnings is separate from the plain-packaging discussions, which the Liberals committed to during the 2015 election.

"The proposal for plain and standardized packaging for tobacco products seeks to standardize the colour of all tobacco packages and limit the promotion that appears on them."

Under the current rules the warning must cover 75 per cent of a cigarette package and the number of a quitting hotline has to be prominently displayed.

BUSINESS

Companies look to score big with celebrity endorsements

David Sali
Ottawa Business Journal

One of the NHL's most gifted offensive defencemen, Erik Karlsson, is known to hockey aficionados everywhere as the engine driving the Senators' attack.

But recently, the team's 26-year-old captain was handed the keys to another impressive piece of machinery — one of the latest models in the fleet at Ottawa's Mark Motors Porsche dealership.

It's part of a one-year deal announced earlier this month which will see Mr. Karlsson represent the dealership as its official "Porsche brand ambassador." According to the dealer, the two-time Norris Trophy winner as the NHL's top blueliner will "attend a couple of exclusive Mark Motors Porsche events and promote the brand on social media."

While it's not in the same league as the national deals that superstars such as Sidney Crosby have inked with the likes of Tim Hortons and Gatorade, Karlsson's latest off-ice gig shows that local firms see the potential to get plenty of mileage out of associating with one of the city's few bona fide celebrities who doesn't work on Parliament Hill.

Mike Mulvey, a marketing professor at the University of Ottawa's Telfer School of Management, says the collaboration between the smooth-skating defenceman from Sweden and the German carmaker might be as close to a perfect marriage as you're going to get in the world of celebrity endorsements.

"Karlsson is very self-confident," Mulvey says. "He has that ability to accelerate. He has that ability to be nimble and has a mobility that's unparalleled, pretty much, in the NHL. (He and Porsche) complement each other in this case."

By contrast, Mr. Mulvey says, Senators senior adviser of hockey operations Daniel Alfredsson has a completely different target demographic.

"He might be better for Volvo," the professor says, alluding to the Swedish carmaker's reputation for producing family sedans and station wagons that are dependable but not necessarily flashy — in other words, the same characteristics that spring to mind when most hockey fans think of Alfredsson.

Mark Motors sales manager Manuel Pereira hands Senators star Erik Karlsson the keys to a brand-new Porsche. CONTRIBUTED

FAME

New Groundhog Day celeb pokes his head into fray

Ryan Tumilty
Metro | Ottawa

Last week, Ottawa quietly joined the ranks of elite international destinations like Punxsutawney, Pa., Wiarton, Ont., and Balzac, Alta.

The capital got its own weather-predicting groundhog.

Working with the EY Centre and the Cottage and Backyard Show, marketing firm Karma Creative Solutions debuted Ottawa Ollie, just in time for Groundhog Day.

Standing six feet tall and weighing in at 185 pounds, Ollie is suspiciously human-sized and apparently lives in the Grasslands around the EY Centre.

After failing to see his shadow, and thus predicting an early spring, on the morning of Feb. 2, Ollie took to Twitter for the rest of the day before posting pictures of himself relaxing in a hot tub.

Jo Riding of Karma Creative said Ollie was an attempt at finding a brighter story.

"I think everyone was looking for something fun and not orange-coloured in the news," she said. "We were sick of everything being so miserable in the news and we thought we could maybe bring some fun to the capital."

Riding said Ollie is targeted at reminding people about the upcoming cottage show, and that spring is not that far off.

"He draws some attention to that and draws everyone's attention to the fact that winter does end, and there are some good things out there," she said.

Riding emphasized that Ollie's connection to the cottage show does not mean he will always predict an early spring.

Mayor Jim Watson was invited to Ollie's first prognostication event, but did not attend.

Riding said they intend to bring Ollie back, presumably from hibernation or a storage closet, next year.

With a mere 79 Twitter followers, Ottawa Ollie does not have the social media clout of Punxsutawney Phil, who has 4,703 followers on Twitter and 67,000 on Facebook. Nor does he compare to his Canadian counterparts, Wiarton Willie (3,811 on Twitter, 3,217 on Facebook) and Shubenacadie Sam (2,700 on Twitter, 16,000 on Facebook).

"We're just going to keep growing it, I think," Riding said. "Everyone seemed to like him. We figure the 150th is a good opportunity to start a new tradition."

Ottawa Ollie kicking back after a tough day of predicting when spring will arrive. CONTRIBUTED

BROTHERS IN ARMS
U.S. DEFENCE SECRETARY PRAISES CANADA
Newly sworn-in U.S. defence secretary James Mattis has already praised his country's alliance with Canada. At his first meeting with Canada's Defence Minister Harjit Sajjan, Mattis said he was so grateful for Canadian soldiers in Afghanistan he could have smooched them on sight. The retired general said he experienced the countries' military bond personally while stationed in Kandahar, when his unit was relieved by Canadian soldiers from Princess Patricia's Canadian Light Infantry.
THE CANADIAN PRESS

Ask not what baby can do for the city...

PUBLIC SERVICES

Ask what the city can do for your baby

Adam Kveton
For Metro | Ottawa

If you're a parent and you need help, now is a good time to speak up.

The city has eight separate consultations planned, and begun an online survey to gauge what parents and their babies need.

It's part of a provincial government effort to transform Ontario's child and family programs by bringing them all under one model, and under one banner: Ontario Early Years Child and Family Centres.

According to the Ontario Ministry of Education, this is being done to make programs for parents, caregivers and young children aged up to six years old more widely accessible, to make parents and caregivers more aware of what is available, and provide a common core of services.

> **"It's so important that families get out to these public consultations."**
> Colleen Taylor

The unified system, expected to roll out in 2018, may also make funding more equitable, said Colleen Taylor, the children's community developer with the Western Ottawa Community Resource Centre.

"There is no new funding," she said, but an evaluation of the demographics and who is accessing what at early-years centres could eventually yield more funds for organizations like the WOCRC.

"That's why it's so important that families get out to these public consultations," she said.

Caregivers, parents and other groups can provide feedback on their preferences for locations, hours of operation, useful programs, existing barriers to service, and much more.

For more information, go to ottawa.ca/en/early-years.

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Ottawa digest

SAFETY

City and province follow up on street closures

The city and the Ministry of Labour are investigating an incident that closed two downtown streets yesterday due to "falling materials," according to an Ottawa Police Service tweet.

Ottawa police confirmed on Twitter that Waller Street was closed between the Mackenzie King Bridge and Besserer Street at around 10 p.m. "due to a structural hazard."

News outlets reported that the debris was from a high-rise building under construction and that Daly Avenue had also been closed. ADAM KVETON/FOR METRO

WINTER

Brace yourself for messy weather

Weather wise, you can expect Tuesday to suck quite a bit. Environment Canada has issued both a special weather statement and a freezing rain warning for Tuesday with a lot of snow starting during the day Tuesday and being topped off with freezing rain.

"A few centimetres of snow and ice pellets are likely before the freezing rain begins," Environment Canada's statement said.

RYAN TUMILITY/METRO

CRIME

Police investigate Monday morning stabbing

Police are investigating after a man with a stab wound was rushed to hospital Monday morning.

Police got the call around 3 a.m. to respond to the 1300 block of Caldwell Ave., said Const. Marc Soucy with police media relations.

"The victim was taken to hospital in serious condition and went immediately to surgery, so we have not spoken to him yet," said Soucy. He added that police have no suspect yet.

ADAM KVETON/FOR METRO

Prime minister Justin Trudeau and his government are determined to tackle this problem. RYAN TUMILTY/METRO

'Complex problem' of campus sex assault

CRIME

Solving it will require complex solution says Trudeau

Prime Minster Justin Trudeau said Monday that his government is committed to ending sexual assault on university and college campuses.

But, he said, it's a complex problem with no simple solutions. Trudeau received a question on the subject from Danika McConnell, student association president at MacEwan University, during a session with students from across the country at the Converge 2017 conference put on by Universities Canada. McConnell said she doesn't believe schools are doing enough to draft solid standalone policies on sexual assault.

"I think it is not being brought to light enough," she said. "It's integral to have this, because if universities can't be a place of pushing forward to end and eliminate sexual violence, I am not sure what better place there can be."

Trudeau recounted his own experience volunteering with the McGill University Sexual Assault Centre. He said that, at the time he was there, the school wasn't confronting the issue.

"It was called the student-society sexual assault centre," he said, "because McGill at that point didn't want to admit there was a problem with sexual assault on campus."

He said that things have improved since then but that he knows there's a lot more that has to be done.

> **If universities can't be a place of pushing forward to end and eliminate sexual violence, I am not sure what better place there can be.**
> Danika McConnell

"I have tasked our status of women minister to engage with this as a broad topic," he said, "understanding there is no one thing we can do that is going to flip the switch on this." In the hour-long question-and-answer session with students, Trudeau was also asked about Indigenous issues, skills training and how students can adapt to a changing world.

McConnell said Trudeau's answer on sexual assault seemed to acknowledge that it will take a lot of different approaches to solve the problem.

"He sees something that is a complex issue and can't be tackled in one succinct matter. It is going to take a lot of people and lot of resources."

She said even though the federal government isn't responsible for universities, she hopes having Trudeau talk about the issue will encourage institutions to take on the problem.

THE CANADIAN PRESS

ELECTIONS

E-ballots not on the horizon

Elections Canada is kicking the tires on making part of the voting system a little bit more user friendly, but you won't be casting a ballot online anytime soon.

The agency put out a request for expressions of interest on Monday to see what technologies could be available to allow voters to receive a special mail-in ballot electronically.

Currently, anyone using a mail-in ballot has to request it from Elections Canada, which then mails it out to the voter, who then mails it back.

Melanie Wise, a spokesperson for Elections Canada, said they're considering ways to make that process a little easier. "Delivering blank special ballots electronically would allow voters to get their blank ballots faster, while preserving the secrecy and integrity of the vote," she said.

> **Elections Canada has no plans at this time to implement online voting.**
> Melanie Wise

She said speeding up the process would also ensure that voters return their votes before election day. She stressed at this point they are just seeing what might be out there. The tender posted online Monday makes clear that any change would have to be approved with changes to the Elections Act. "Canada is seeking information on tools and technologies that could help improve the special ballot vote by mail service," said Wise

The agency is not looking at making it so Canadians could cast a ballot online, Wise said. "Elections Canada has no plans at this time to implement online voting, and will not embark on such plans without direction from Parliament." RYAN TUMILITY/METRO

POLITICS

PM duties possibly overshadowing role of Justin the youth minister

After winning the last federal election, the fresh-faced new prime minister, the second youngest ever to assume the office, bestowed upon himself a fitting extra portfolio: Minister of Youth.

One of his first acts was to publish mandate letters for each of his new cabinet ministers. You can read them online. They outline for all to see what important work Trudeau expected from his ministers in the coming months and years.

But there was — and still is — a striking omission. While some relevant platform points were included in his missives to ministers in the finance and labour departments, Trudeau published no mandate letter for his self-imposed gig for youth. And none appeared when the letters were refreshed after his January cabinet shuffle.

More than a year into the Liberals' majority mandate, a sense has emerged that rather than bringing welcome gravitas and attention to the issues facing young people today, Trudeau the Prime Minister is overshadowing Trudeau the Youth Minister.

He has a mixed-record on fulfilling the youth-oriented promises of his party's 2015 platform. In October, the sociable and still-high-polling PM was heckled during an on-stage interview with young members of the Canadian Labour Congress, after outrage was spewed over the finance minister's comment that "job churn"—having to move from job to job over the course of your career — is an intractable part of the 21st century economy.

> **This government pays a lot of lip service to youth.**
> Bilan Arte

At the same time, student activists are decrying his performance on accessibility-to-education, as tuition and student debt spike to record heights and youth unemployment stubbornly remains almost double the rate of the total population.

Consequently, some contend Trudeau's turn as youth minister has been a disappointment — a betrayal, even, for a man who rose to power on a wave of voter turnout from Canada's youngest electors.

"This government pays a lot of lip service to youth," said Bilan Arte, president of the Canadian Federation of Students, which advocates for free post-secondary education. "We're not just a voting block that can be accessed every other election. We are concerned and we're an active part of the electorate in this country.

"The only conclusion you can come to is this government doesn't think this is a priority," she said. Whether such criticism is fair is up for debate.

TORSTAR NEWS SERVICE

Six-year-old leads way in gender education

EQUALITY

Series of aims to foster understanding around gender

Haley Ryan
Metro | Halifax

Elliott Sweeny, 6, is schooling Halifax about gender and bodies. JEFF HARPER/METRO

Elliott Sweeny loves dogs, banana bread, Beyoncé, sometimes wearing skirts, and pink rainboots. In the Halifax six-year-old's words, Elliott also says they have a "boy body and a girl brain."

Curled up on a large couch with their mom Kym Sweeny at the South House Sexual and Gender Resource Centre, Elliott said they usually don't mind explaining how they identify as gender fluid and gender-non-conforming, or use "they/them" pronouns — but kids don't always believe them and can say mean things.

"You can't just be bullies just because you don't know what things are, and just because you don't think it's right — because it actually is right," Elliott said.

The term gender non-conforming is used to describe people whose appearance or behaviour differs from cultural expectations based on what's appropriate for their gender. Gender fluid refers to an identity that can vary over time, and can be combination of male/female identity, or fall outside them.

Kym said some people on the radio were talking about women's periods in a joking way. When Elliott asked if people made fun of menstruation because they didn't understand it, Kym said "sometimes."

The next day Elliott asked for magazines to make a collage about things people should know more about, adding glitter and photos of Beyoncé and trans actress Laverne Cox next to words like bodies, consent, racism, gender, and decolonization — which they asked for help writing.

They went to South House to plan a community event, which developed into a series of pop-up schools, with the first one on gender taking place this month.

All the pop-ups will have a kid or young adult paired with a "grown-up" to talk about topics they're experts in, Kym said, with opening remarks followed by activities and relevant book-reading while the parents and caregivers can network and talk about their experiences and challenges raising gender-nonconforming or LGBTQ kids.

Elliott said some of the activities will include kids writing about their own gender and stapling pages together into a book.

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

MOSQUE SHOOTING

Words came from the heart, imam says

An imam who spoke at the funerals for three Quebec mosque shooting victims says he believes his words have become popular on social media because his message came from the heart.

Hassan Guillet, 64, says he didn't even prepare his speech, which has been lauded for its message that the man accused of the shootings in Quebec City last week is himself a victim of hate, and that people shouldn't seek revenge for the crime.

"People could see that the man standing in front of them is an honest man, a sincere man and a sad man and is talking his pain. I think it was apparent," Guillet said.

Stories about the speech have since appeared on the social media feeds of people around the globe, including some celebrities. J.K. Rowling, author of the Harry Potter series, tweeted a link to his speech. THE CANADIAN PRESS

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CABINET

Democrats hold floor of Senate in protest

Democrats announced plans Monday to hold the Senate floor around the clock to protest Republicans' push to confirm President Donald Trump's Cabinet picks.

Democrats' effort got under way as the Senate headed toward a showdown vote Tuesday on Education Secretary nominee Betsy DeVos, a wealthy GOP donor who has advocated for alternatives to public education. DeVos' nomination has drawn particularly fierce opposition from teachers' unions and others. Two GOP senators have announced plans to oppose her, which could result in a 50-50 Senate vote Tuesday. That would leave Vice-President Mike Pence in the role of tie-breaker, something that has never happened with a Cabinet nominee in the Senate's history, according to the Senate historian.

"Democrats will hold the floor for the next 24 hours until the final vote to do everything we can to persuade just one more Republican to join us," Sen. Patty Murray, D-Wash., said on the floor around mid-day Monday. "And I strongly encourage people across the country to join us — to double down on your advocacy — and to keep making your voices heard for these last 24 hours."

Republicans accused Democrats of slow-walking qualified nominees to placate liberal base voters who still haven't come to terms with Trump's election.

"It seems this gridlock and opposition has far less to do with the nominees actually before us than the man who nominated them," said Senate Majority Leader Mitch McConnell, R-Ky. "Enough is enough."

In addition to DeVos, Republicans hope to confirm a series of other divisive nominees this week: Alabama Republican Sen. Jeff Sessions as attorney general, GOP Rep. Tom Price of Georgia as secretary of Health and Human Services, and financier Steven Mnuchin as Treasury secretary.

In each case Democrats intend to use the maximum time allowed under the Senate's arcane rules to debate the nominations, which may result in a series of late-night votes this week and delay Mnuchin's approval until Saturday.

Republicans complain that previous presidents have been able to put their Cabinets in place more quickly. Democrats say it's Trump's fault because many of his nominees have complicated financial arrangements and ethical entanglements they claim they have not had enough time to dissect. THE ASSOCIATED PRESS

Nazanin Zinouri, 29, is greeted at the Greenville-Spartanburg International Airport in Greer, S.C., on Monday. Zinouri, an Iranian engineer and Clemson University graduate, had been unable to return to the U.S. THE ASSOCIATED PRESS

U.S. Justice Department pushes to reinstate ban

POLITICS

States argue Muslim ban would 'unleash chaos again'

The fierce battle over President Donald Trump's travel and refugee ban edged up the judicial escalator Monday, headed for a possible final face-off at the Supreme Court. Travelers, temporarily unbound, tearfully reunited with loved ones at U.S. airports.

The Justice Department prepared to ask a San Francisco-based federal appeals court to restore Trump's ban on travellers from seven predominantly Muslim nations. The lawyers were expected to argue in a brief that the president, not the courts, has the authority to set national security policy and that an executive order to control access at the country's borders is lawful.

The filing with the 9th U.S. Circuit Court of Appeals was to be the latest salvo in a high-stakes legal fight surrounding Trump's order, which was halted Friday by a federal judge in Washington state.

The appeals court refused to immediately reinstate the ban, and lawyers for Washington and Minnesota — two states challenging it — argued anew on Monday that any resumption would "unleash chaos again," separating families and stranding university students.

Telephone oral arguments have been scheduled for Tuesday afternoon. The San Francisco-based 9th U.S. Circuit Court of Appeals will hear from lawyers from the federal government and states suing Trump.

The president's executive order has faced legal uncertainty ever since Friday's ruling by U.S. District Judge James Robart, which challenged both Trump's authority and his ability to fulfil a campaign promise.

The State Department quickly said people from the seven countries — Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen — could travel to the U.S. if they had valid visas. The Homeland Security Department said it was no longer directing airlines to prevent affected visa holders from boarding U.S.-bound planes.

The legal fight involves two divergent views of the role of the executive branch and the court system. The government has asserted that the president alone has the power to decide who can enter or stay in the United States, while Robart has said a judge's job is to ensure that an action taken by the government "comports with our country's laws."

States challenging the ban have been joined by technology companies, who have said it makes it more difficult to recruit employees, and by attorneys general from more than a dozen states. National security officials under President Barack Obama have also come out against it. A declaration filed by John Kerry and Madeleine Albright, former secretaries of state, and others said the ban would disrupt lives and cripple U.S. counterterrorism partnerships around the world. THE ASSOCIATED PRESS

Members of the Honourable Artillery Company fire a 62 round royal gun salute to mark the 65th anniversary of Queen Elizabeth II's accession to the throne on Monday. AFP/GETTY IMAGES

UNITED KINGDOM

Elizabeth II marks 65 years as queen

Queen Elizabeth II has become the first British monarch to reach the milestone of 65 years on the throne.

Monday's Sapphire Jubilee is being marked with cannon salutes in London's Green Park and at the Tower of London.

Buckingham Palace also released a photo of the queen by David Bailey to mark the occasion. In the picture, taken in 2014, the monarch wears a suite of sapphire jewelry given to her by her father as a wedding gift in 1947.

The palace says the 90-year-old queen will spend the day quietly at her Sandringham estate in eastern England.

She became monarch on the death of her father, King George VI, from lung cancer at age 56 on Feb. 6, 1952.

Elizabeth surpassed Queen Victoria as Britain's longest-serving monarch in 2015. THE ASSOCIATED PRESS

AFGHANISTAN

Ransom could have freed family of hostages: Report

A new report claims that Canadian Joshua Boyle, his American wife, Caitlan Coleman, and their two young sons could have been freed for a $150,000 ransom, but that the FBI did not pursue the deal with their kidnappers.

According to two unnamed American "officials directly involved in the case," VOX reported Monday that a Taliban representative had told U.S. military negotiators of the proposed deal, but that when news was relayed to the FBI, "the agency never followed up."

The FBI did not comment on the report.

Boyle's family said Monday that they had not been told of a ransom demand, and do not believe the VOX report is accurate.

"Our government has assured us since the outset that we would be made promptly aware of any offer from the captors," Boyle's parents, Patrick and Linda, wrote. "If the Taliban or Haqqani network were willing to release them for an amount that a family could arrange, surely they too would have contacted us directly as well at some point."

The Taliban-linked Haqqani network has held Boyle, 33, and Coleman, 31, since October 2012, when they were kidnapped near Kabul, Afghanistan, during a backpacking trip through Central Asia. Both their sons were born in captivity and seen for the first time in a video made Dec. 3.

Coleman implores then outgoing-U.S. President Barack Obama in the video to think about his "legacy" and free them from their "Kafkaesque nightmare." The Boyle family has always believed that the Haqqani network's demands have been political, which is typically how the group has operated. Hostages are often held for years before release. TORSTAR NEWS SERVICE

This unverified militant file image from a video posted online in August 2016 shows Canadian Joshua Boyle and American Caitlan Coleman. SITE INTEL GROUP VIA AP

Firms 'violate' wireless code

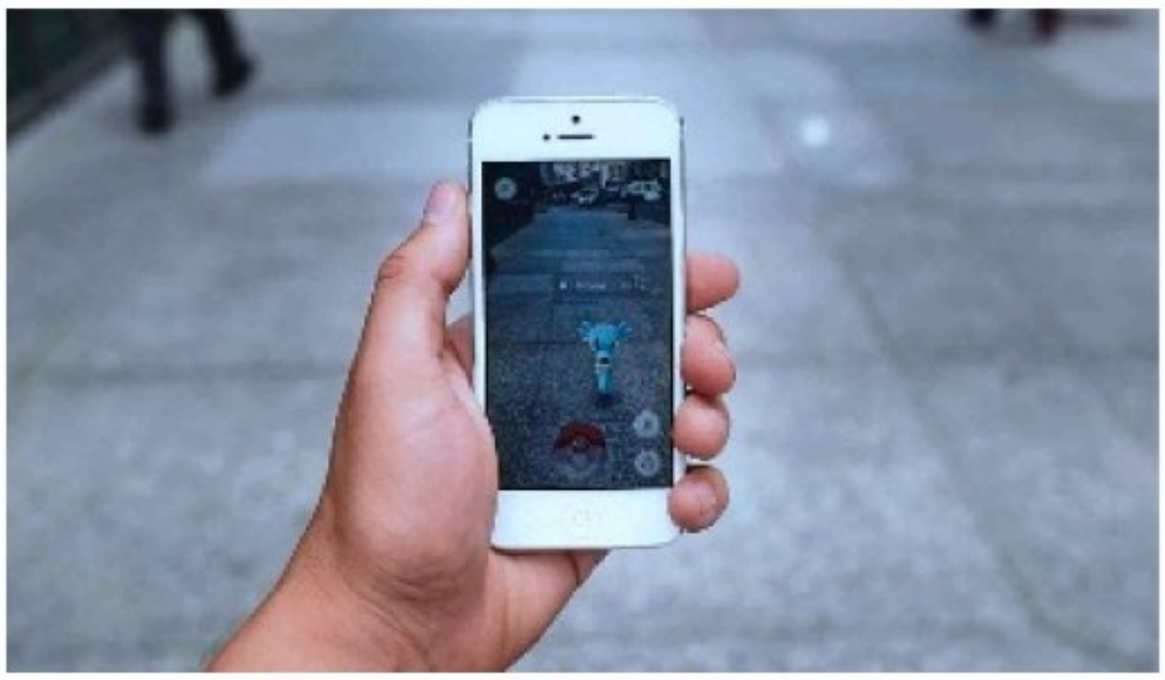
TECHNOLOGY

Force service providers to live up to rules, watchdog told

Some cellphone companies are either passively or actively violating Canada's wireless code of conduct and the rules need to be tightened and enforced, consumer groups told a hearing Monday.

While consumer complaints have dropped since the code came into effect in 2013, the Public Interest Advocacy Centre told the review wireless users need greater controls put in place so they don't suffer from "bill shock."

"Certain wireless service providers have ... knowingly or unknowingly avoided or violated or attempted to change clear wireless code requirements, and have not largely been stopped," advocacy centre executive director John Lawford told the Canadian Radio-television and Telecommunications Commission. "This must change."



The Canadian Radio-television and Telecommunications Commission is reviewing its four-year-old wireless code of conduct this week in Gatineau, Que. THE CANADIAN PRESS

The CRTC review comes amid calls for greater parental control over household cellphone data charges and clearer rules governing wireless service cancellation fees and how caps on data overage fees should apply.

Speaking on behalf of the Consumer Association of Canada, the National Pensioners Federation and the Council of Senior Citizens Organizations of British Columbia, PIAC told the regulator that, in some cases, wireless providers offer data and voice as optional services, despite stipulations in the code that key services be clearly spelled out in wireless contracts.

"(This) is not only vastly inappropriate and skewed against the consumer, but clearly contradicts the spirit and letter of the wireless code," said PIAC legal counsel Alysia Lau.

"Data and voice services clearly form a key part of a wireless contract."

The first code effectively killed three-year phone contracts, limiting them to 24 months. But that led, in many cases, to higher monthly bills as the service providers were forced to recoup the cost of subsidized smartphones over a shorter period.

While Telus Corp., has suggested the CRTC revisit the two-year limit, arguing that providing a three-year contract option could reduce monthly bills by amortizing the cost of so-called zero-dollar phones over 36 months, BCE Inc., and Rogers Communications Inc., have not specifically proposed changes to contract length provisions.

Carriers also want to be able to recoup the cost of items offered for free to customers as incentives to sign a contract.

Currently, service providers can charge consumers for the residual value of subsidized cellphone hardware if they cancel their contracts early. For example, a customer could be charged $300 if they cancel a two-year contract after one year, if the initial value of the incentivized phone was set at $600. THE CANADIAN PRESS

ECONOMY

Raise age to retire: Advisers

The Trudeau government's economic advisory council is recommending Ottawa raise the age of retirement eligibility and explore a national child-care program as ways to deliver a much-needed participation boost for the workforce.

The proposals were among new suggestions by the government's growth council.

To encourage older Canadians to work longer, the council recommended the ages of eligibility for old age security and the Canada Pension Plan be "recalibrated and increased" to address the impacts of the country's aging society and longer life expectancies. The idea contrasts with the Liberal government's move to reverse a controversial decision taken by the former Conservative government and return old age security eligibility to 65 from 67.

The document also suggested Ottawa allow old age security and the CPP deferrals beyond age 70 and make deferrals past 65 more attractive.

THE CANADIAN PRESS

STATISTICS CANADA

Planners, policy makers look forward to new census kickoff

On Wednesday, Statistics Canada will release the first batch of data from the 2016 census, an avalanche of detailed information that sociologists, demographers, urban planners and businesses watch every five years with a high degree of interest — and, admittedly, more than a little data-geek glee.

Michael Haan at Western University's sociology department, however, detects a degree of indifference in a surprising place: his own London, Ont., classroom.

"I would say that very few of them (students) actually see the value of the census," says Haan.

"They don't understand or they don't appreciate how important it is to have accurate population counts and information on population movements."

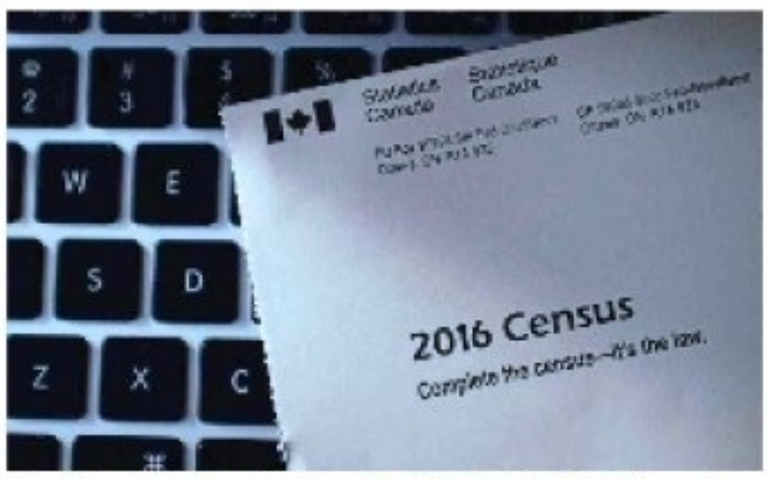
Wednesday's release — the first of seven data dumps — will detail the overall population as it stood on May 10, 2016; those regions where population levels or climbing and falling; and where new homes are being built.

The population counts determine how much money Ottawa transfers to provinces and territories for services like health care — a frequent source of consternation — and how much it sends to cities for infrastructure work through the federal gas tax fund

Demographers use the information to see how the country is changing. Multinationals like Starbucks and Tim Hortons use the data to decide where to place their next store.

Census information lets urban planners know where people are living so they can better plan for transit, roads, hospitals, schools and new residential units. Local land-use decisions like zoning bylaws are also based on census data.

THE CANADIAN PRESS

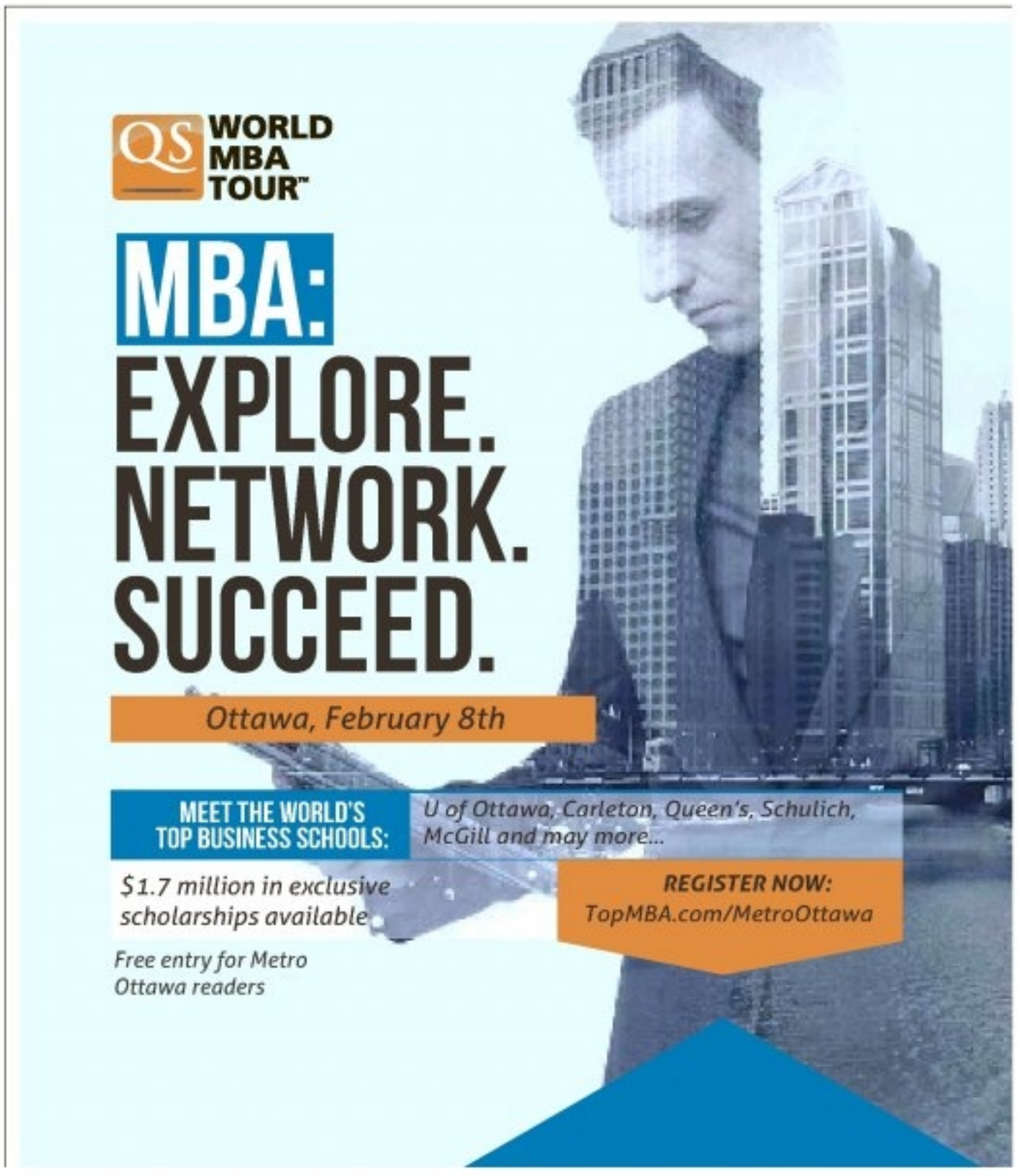


Statistics Canada will release the first batch of data from the 2016 census on Wednesday. THE CANADIAN PRESS

DATA DUMP

Wednesday's release, which will focus on population and dwellings, is the first of seven data dumps to take place over the course of 2017.

- **May:** Age and sex
- **August:** Families, households and marital status
- **October:** Immigration and Aboriginal Peoples
- **November:** Education, jobs and work patterns.



metro VIEWS
Your essential daily news
Tuesday, February 7, 2017

MICHAEL COREN ON MILO'S MISSION TO DIVIDE

At Berkeley, most of those protesting were peaceful and responsible but, as is so common, the extremes were triumphant. Two sets of fanatics had their way: those who disrupted the speech and those who planned it.

SEWER SPOKESMAN Alt-right icon Milo Yiannopoulos is fighting a fake crusade against made-up enemies: feminists, trans people, Muslims and anyone else he doesn't like, Michael Coren writes.
JEREMY PAPASSO/THE ASSOCIATED PRESS

This year marks the 500th anniversary of the Reformation, sparked in part by the Roman Catholic Church's sale of indulgences. The more you paid, the less time you and your loved ones spent in purgatory. As the rhyme of the time had it, "As soon as a coin in the coffer rings/the soul from purgatory springs."

I couldn't help thinking of all this when reading of the sordid events at The University of California, Berkeley last week when a planned speech by the ultra right-wing narcissist and professional provocateur Milo Yiannopoulos was cancelled after around 150 masked thugs used fireworks, baseball bats and various forms of violence to attack those attending the event.

Milo — he and his acolytes rather ludicrously use the single name — is senior editor for the far right website Breitbart News. He is a bit of a legend in his own lunchtime, and most people have never heard of him, but for the hard right and the hard left he is an icon of either truth or lies. Actually he is neither. A fringe journalist with a troubled past, he reinvented himself as a self-defining fierce, fearless spokesman for those waging war against the chimera of political correctness.

His means of fighting this war against an imaginary foe is to insult and mock anybody who annoys him. Liberals, feminists, the overweight, trans people, Muslims, gays — even though he is himself gay and insists on using the term "f—t." It all becomes somewhat tedious but it arouses those who obviously would like to do the same but lack the ability or the platform. He is a conduit for those who confuse freedom of speech with the licence to abuse. The sewers breathe once again.

Screaming is easy, listening far more difficult.

At Berkeley, most of those protesting were peaceful and responsible but, as is so common, the extremes were triumphant. I use the plural because two sets of fanatics had their way: those who disrupted the speech and those who planned it. You see, this is a dark symbiosis, a grotesque theatre of the absurd where the polarized of right and left destroy the vast middle of ground of sensible disagreement and debate.

And nothing, of course, makes the "coin in the coffer ring" as much as playing the victim and crying that free speech and liberty are under threat. There is money to be made in becoming a champion of white, straight, conservative people who have convinced themselves that they are being persecuted.

The violence at Berkeley, and at other such events, is unacceptable. But there is violence in language as well as action. If one degrades a race, marginalizes a sexuality, condemns a people, there tend to be consequences. Surely the recent obscene events in Quebec City taught us that. One fist can do damage; one broadcast, article or Internet rant can lead to a lot more.

Idiots provoke and idiots are provoked. Milo, and for that matter his banal imitators in Canada, have to establish a false problem if they are to set themselves up as the solution. Build it and they will come.

So if you claim that Islamic extremists are everywhere, that we can no longer speak our minds, that media conspiracies are preventing us from knowing the truth, and that being a white man is considered a crime, enough credulous and insecure people will accept it and act accordingly. Witness the election of Donald Trump.

In actual fact there are genuine dilemmas about speech, tolerance, the meeting place of secular pluralism and religion ideas, and the way we deal with justice and equality issues, and these are intensely sensitive and delicate.

It's because of that sensitivity and delicacy that we have to respond with empathy, compassion, intelligence and responsibility. Screaming is easy, listening far more difficult; outrage satisfies hysteria and anger, consideration fulfils the intellect and the soul.

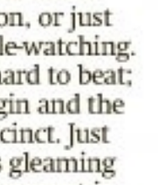
The hoodlums in California will be punished and Milo will fade away before most of us even knew he was there. The same, God willing, will happen to those Canadian rightists who assume they're being rebellious when they're just childish conformists. But some of the divisions caused will take longer to heal and that's difficult to forgive.

Personally, I'd just ignore these clownish performers. As for the coins in the coffers, integrity is far more valuable than money.

Michael Coren is the author of Epiphany: A Christian's Change of Heart and Mind Over Same-Sex Marriage.

Library's journey to the centres of the city

COLLINS' CAPITAL
Steve Collins



A moment of appreciation, please, for our clapped-out main library, en route to oblivion as council votes tomorrow on its replacement. It gets few thanks these days for its four decades of service.

Mayor Jim Watson last week called it "a cement bunker that is somewhat of an embarrassment for our capital city."

OPL's Deputy CEO, Monique Désormeaux, told the library board, "Our largest and busiest branch cannot support the delivery of modern-day library services. It was developed for books, not technology. It has accessibility issues, technological limitations, and a one-way escalator."

True, true, all true, but I'll miss the old dump anyway. I've spent many hours there, schnoz in a book, riding my laptop to another deadline in quiet desperation, or just hanging out people-watching.

The location's hard to beat; handy to Bank, Elgin and the parliamentary precinct. Just where to plunk its gleaming $168-million replacement is a nice problem to have, but a problem nonetheless.

"Located in the central area as defined by the city's Official Plan," sounds simple enough as a criterion, but there's central and there's central. Where is your city centre? The Parliament buildings? The confluence of the Rideau and Ottawa Rivers? The Canal?

"I could argue," Coun. Keith Egli smart-alecked, "that a truly centrally located library should be on Merivale Road or at Centrepointe, both of which are close geographically to the centre of our city."

The shortlist of 12 proposed sites, from Rideau and King Edward in the east, or Bayview Station in the west, adjacent to the forlorn 'City Centre' mall, all counted as 'central' in some recognizable sense of the word.

557 Wellington, city-owned land at the eastern edge of LeBreton Flats, was green-lit by the board last week and likely headed for council's approval tomorrow. It polled well with residents, with approval ratings in the mid-to-high 70s everywhere but downtown, where 61 per cent favoured it.

The centre of the city, it turns out, depends where you are. Assurances that the core is moving west, that LeBreton will be where the action is when it's fully redeveloped, have not reassured downtown residents whose local branch is leaving the neighbourhood.

Delegates came to the board with their canes, walkers and tight budgets to plead for a closer library, one that doesn't require transit or trooping up and downhill across pedestrian-bullying intersections.

Somerset Coun. Catherine McKenney, the only library board member to vote against the site, was torn between her Centretown constituents and those west of Bronson (herself included) who will enjoy a shorter trip to the library.

"I really had to vote with my conscience," she said. "We have people living in poverty and seniors everywhere, absolutely, but the core of the city, in Centretown, in Rideau-Vanier just across the canal, is where a lot of folks live who don't have vehicles."

The centre will likely shift on Wednesday anyway.

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metro LIFE

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Fresh from her Super Bowl cameo, Lady Gaga announces a world tour starting in Canada in August

Behind the swinging curtains

SEXUALITY

Polyamorous advocates love openness...just follow the rules

Fatima Mechtab, marketing and events coordinator at Oasis Aqualounge, the Toronto adult playground. TORSTAR NEWS SERVICE

Toronto's Oasis Aqualounge is a pretty open environment. The clothing-optional sex club hosts events each week for people to explore their sexual fantasies. But for such a liberal venue, there are certainly a lot of rules.

No photos. Certain areas are off limits to men unless accompanied by a woman. No touching of any kind unless given permission. No means no, of course, but the club takes it a step further: only yes means yes. That means there are no sexy times until consent is verbalized, says Fatima Mechtab, the marketing and events co-ordinator at Oasis, which had approximately 16,000 members last year.

The clothing-optional space, where sex is allowed, is by its nature vulnerable, she says. The rules are to make sure everyone feels safe, comfortable and encourage people to talk. "A big problem with consent is people assume it's something you don't have to verbalize," she says.

In fact, when it comes to sex, there's lots that people don't talk about — but should.

Mechtab, a queer woman who has explored swinging and polyamorous relationships in the past, says these types of strict rules are common in "the lifestyle," a term for consensually non-monogamous couples. And, she says, rules make relationships better.

Couples and the locations they go to play have to create an environment in which all parties feel not only safe, but also heard. These boundaries take away the grey areas, forcing couples to say what they do or don't want and what they need from sexual encounters. And there's a lot non-swingers can learn from them about building a healthy (and satisfied) relationship.

A successful swinging relationship is based on constant communication, says Carol Hunt, founder of VenusCouples, a Montreal-based online forum for "sex-positive" exploration of the lifestyle. She and her husband have been swinging for a decade. Before any party or outing, they agree upon a set of boundaries (such as they'll always be in the same room during sex) and expectations for the evening (be it sex with another person or a night observing others).

Afterwards, they always break their experience down: what they liked, what they didn't like, and what would they like to try in the future?

While it might seem exhausting to always talk about sex, Hunt says it means both parties feel their needs are being heard. If her husband wants to try something new, but she's not interested, the decision isn't shut down entirely. Instead, they discuss both points of view and try and find a happy middle ground in which they can explore. No always means no — but that's only the start of the conversation.

That consensus-building trickles out of the bedroom, says Edward Fernandes, a professor of sexuality specializing in swingers, at Barton University in North Carolina. "I've had people say, 'We used to have trouble with our finances — we couldn't talk about this — and once we went into swinging, that went away,'" says the Toronto expat. "People will often avoid talking about things, because they don't know how (their partner) is going to respond," says Fernandes. "So we hide. Swinging tends to pull that curtain." TORSTAR NEWS SERVICE

SPICING IT UP

Carol Hunt suggests couples looking to spice up their bedroom can start small:

- Make it a point to go to a sex shop, for example, to discuss what both parties might enjoy or not. To avoid embarrassment, make it a rule that neither party can wander off on their own: you're in it together and that can decrease the awkwardness.
- Watching porn can be a great way to get both parties in the mood. But before hitting play, Hunt suggests setting expectations: you'll only watch for an hour, and pick one act to try and re-create.
- If you're trying something new and don't enjoy it the first time, Hunt say don't shut it down right away. Commit to revisiting the act at least once at a later date, and if you still don't enjoy it, then it's OK to take it off the table for the future.
- Great relationships need work, she says. Set aside a couple hours each week just to be with each other. No television, no distractions (and if you want, no clothes).

TORSTAR NEWS SERVICE

ADVICE

It's really not so hard to just say it: I love you...now, pass it on

Sofi Papamarko
Torstar News Service

I love you. There. I said it. That wasn't so hard, right? Those three little words — three syllables, really — are among the most coveted and most difficult words to say in the English language.

Context: I'd been having some trouble coming up with an idea for my Valentine's column this year and wrote my editor in a cold panic. "EMBRACE THE LOVE!" she exclaimed in all-caps.

I tried. But throwing my arms around a Hallmark holiday felt disingenuous. Not unlike the holiday season, Valentine's Day can be a painful and lonely time for many. So instead of embracing February the 14th and all associated ephemeral trappings of romance, I'm embracing Pollyanna. I'm embracing patchouli. I'm embracing the free expression of love itself.

And so, I love you.

When training my matchmaking consultants, I play them the Sloan song The Good in Everyone. I ask them to internalize the lyrics about being a person who sees the good in everyone. It makes our jobs easier.

You can usually find something — often multiple things — that are amazing in every person you meet. A genius sense of humour, maybe. An aching vulnerability. Self-awareness. Intelligence. Loyalty to friends and family. Optimism. A strong work ethic. The best of intentions.

I love you, reader. Whoever you are. Not romantically, but emphatically. I love you, even though I don't know you.

I love you because you have worries that sometimes keep you up at night.

I love you because you've read a poem or a short story or heard a song or seen a piece of art or experienced natural beauty that has buoyed your heart or broken it.

I love you even though you cut in line in front of me at the grocery store that one time or elbowed me in the ribs on the bus trying to get the last seat. I love you because I know you're tired, like me. I love you because I know you've had a long day, your feet ache, your child is sick, you're behind on mortgage payments.

> **I love you because you are a person with a past that may not have always been kind.**

I love you because you are a living and breathing human person and you are worthy of love, respect and dignity.

This Valentine's Day, embrace the love. Call your mom. Send a postcard to your estranged brother. Make a generous donation to a women's shelter, homeless shelter, charity or other worthwhile cause close to your heart. Speak up for the harassed and bullied.

In an era where suspicion, fear and division rule, being compassionate and loving is among the most radical and important things we can do. Let's strive to accept each other, look out for each other and, yes, love one another.

I love you. Now pass it on.

Sofi Papamarko is a writer and matchmaker who lives in Toronto.

‘A bikini body is about confidence’

FITNESS

Kayla Itsines’ creed spreads from Instagram to the masses

Australian personal trainer Kayla Itsines insists her Bikini Body Guide has nothing to do with the way women look. It’s a philosophy of confidence.

That message has entranced her 6.3 million Instagram followers, where she shares staggering before-and-after shots submitted by disciples of her diet and fitness regimen.

Itsines’ own social media reveals little about her personal life. Most of the images she shares orbit around fitness: enviable abs, mountains of fresh fruit and inspirational quotes, such as “Stop waiting for Monday, January first or anything else. Start now,” and “Exercise is therapy.” There’s no mention of calories cut or pounds and inches lost.

Her original 12-week workout plan consists of a few cardio sessions a week, alternating with punishing plyometric and bodyweight exercises, such as burpees, pushups and jump lunges. She also launched an app, Sweat With Kayla.

Itsines’ book, The Bikini Body 28-Day Healthy Eating and Lifestyle Guide: 200 Recipes & Weekly Menus to Kick Start Your Journey, was released in late December. It focuses on food, not just fitness. The recipes are reasonable — there are carbs, dairy, fat and cheat snacks. We caught up with Itsines from Australia, where she is based.

What’s the difference between having a stereotypical “bikini body” as portrayed in media and the “bikini body” mentality you encourage?

To me, a bikini body is when you feel good and are confident in yourself. I want women to know that they don’t have to follow strict diets, or look a particular way to be body confident. I think being healthy is about feeling good, it’s not determined by a number on the scale.

What’s the greatest threat to any fitness/nutrition plan?

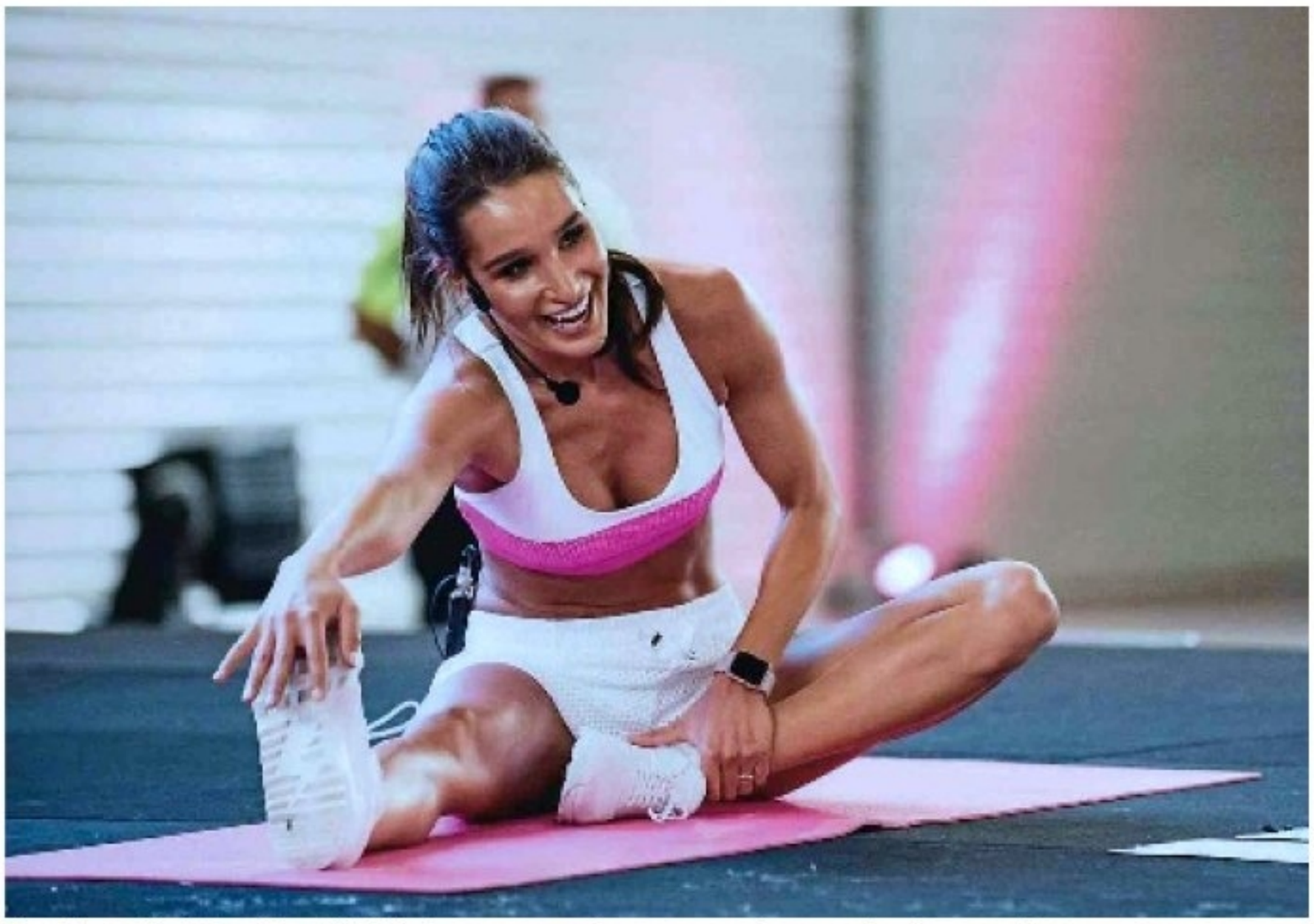
Well, everyone is different. For one person, finding the motivation to work out might make it hard to follow a fitness routine. For someone else, it might be difficult to find the time to work out or to prepare healthy meals. It varies from person to person.

What do you say to women who will need more than 28 days to achieve their weight and fitness goals?

The great thing about my book is it teaches you healthy habits that are maintainable for the long term. Those 28 days are just the beginning! My book is designed to teach you about healthy eating and fitness, and that information can be used everyday for the rest of your life.

Why choose to base your meal plan on the Australian Guide to Healthy Eating, when low-carb diets are trendier?

I think it’s really important to fuel your body with a variety of foods from all of the food groups. I want women to have the energy to do anything and everything. One problem lots of women find with diet trends is they are not easy to maintain long term. I’ve made it my own personal mission to show people that a healthy, balanced diet doesn’t mean you need to restrict your eating or remove entire food groups or nutrients.



Greek-Australian Itsines’ Sweat With Kayla app generated more revenue than any other fitness app last year. CONTRIBUTED

What do you say to people who feel they don’t have the time to cook or to work out?

So many people struggle with busy schedules. Meal preparation is so helpful if time is a problem, that way you have something healthy to eat when you are busy. I think versatile workouts you can do anywhere can be a good option if you have a busy schedule too. The great thing about the workouts in my Sweat With Kayla app is that you only require the space of your own body and minimal equipment to work up a sweat in 28 minutes.

> **I want women to have the energy to do anything and everything. One problem lots of women find with diet trends is they are not easy to maintain long term.**
> Fitness guru Kayla Itsines

What do you tell people who are setting a new goal to eat healthier or get in shape?

I think that’s amazing. Any step you make towards being healthier and more confident is a step in the right direction. Try setting both short- and long-term goals, and find a friend to workout with. It can be easier to stick to a routine when you have that extra motivation and support.

Do you experience food cravings and if so, do you indulge in a cheat meal? What is your go-to cheat meal?

I get cravings, just like everyone else. I think the occasional treat is fine, the key is moderation. As I mentioned, I’m a big believer in being realistic with food choices, so if I go out for dinner for a special occasion and I feel like having a piece of cake, then I’ll have a piece of cake. It’s important, even for me, to enjoy the foods you love which can also help with overindulging and cravings.

TORSTAR NEWS SERVICE

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TV BRIEFS

Hal and Jo's messy Diet

Suppose you're a massive streaming service that wants to encourage Canadians to watch your gory new black comedy with a health-conscious name. What do you do?

Well, if you're Netflix and your new show is the bizarre zombie comedy Santa Clarita Diet, the easy answer is you recruit Hal Johnson and Joanna McLeod, a pair imprinted on the brains of us all as the country's gently encouraging faces of health and fitness. Then you hand them a chainsaw.

So, without telling us anything at all about Santa Clarita Diet, the tidy two-minute promo of darkly funny training and terror should be enough to tell you whether you want to give the Diet a go.

Santa Clarita Diet's ten-episode first season, starring Drew Barrymore, premiered Feb. 3 on Netflix.

ANDREW FIFIELD/METRO

COMEDY

Spicer asks SNL to 'dial back' portrayal

Andrew Fifield
Metro | Toronto

Despite the surfacing of Steve Bannon, White House Press Secretary Sean Spicer is arguably the most recognizable face of the Trump Administration.

This makes Spicer and his caustic, prop-peppered press conferences perfect fodder for Melissa McCarthy and the writers at Saturday Night Live.

McCarthy's briefing bullying received rave reviews after it aired over the weekend, but the actress shouldn't count Spicer himself among her fans.

Instead, the fiery face of the Trump White House suggested McCarthy "could dial back" when Extra caught up with him on Super Bowl Sunday.

The press secretary appeared piqued by his doppelganger's mouthful of gum, a nod to Spicer's well-known penchant for cinnamon gum. He suggested the actress "needs to slow down on the gum chewing, way too many pieces in there."

But like a good soldier, Spicer rolled out a stronger defence when it came to his boss and Alec Baldwin's portrayal of him.

"Alec has gone from funny to mean, and that's unfortunate," Spicer lamented. "SNL used to be really funny. There's a streak of meanness now that they've crossed over to mean."

Melissa McCarthy (left) as Sean Spicer. CONTRIBUTED/FILE

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Statements arrive in the commercial break

THE SHOW: Superbowl LI (Fox/CTV)
THE MOMENT: The censored ad

84 Lumber's commercial was partially banned. CONTRIBUTED

A struggling mother and daughter make their way north through the Mexican desert. The daughter collects scraps of cloth and plastic along the way. There the ad, for Pennsylvania-based company 84 Lumber, stops, and directs viewers to Journey84.com.

In the online half of the ad, American workmen on the Mexican border saw lumber. The mother and daughter arrive at a huge, uncrossable wall. The mother cries. The daughter shows her what she's been making with the scraps: an American flag. Suddenly a truck drives by. The mother's face lights up. The workmen weren't building the wall. They were building a gate. Mother and daughter walk through to this line: "The will to succeed will always be welcome here."

I thought Lady Gaga's halftime extravaganza would make a statement against Trump's refugee/immigrant ban. But she went for understatement, letting her lyrics and her dancers, a rainbow of race and gender, make a subtle point.

Instead, the statements came in the commercial breaks. Budweiser depicted the prejudice its German-immigrant founder faced. Coke revived a 2014 ad featuring a multilingual America the Beautiful. Audi advocated for equal pay and Airbnb announced, "The world is more beautiful the more you accept."

84 Lumber was gutsiest: Fox rejected their full commercial as "too controversial." The piece that aired sent so many viewers to the website that it crashed. Meanwhile, Donald Trump left his Mar-a-Lago viewing party after halftime. Because his team, the Patriots, was losing? Or because of the ads?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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CAMP GUIDE

Sending kids to camp about more than keeping busy

Going to camp provides many benefits for kids that include their physical, emotional and social well-being.

Keeping busy is an obvious but significant benefit from sending kids to camp.

"You want to have your children be able to do something interesting during the summer," said Julie Olivier, outreach officer for the Faculty of Engineering at University of Ottawa.

"Participating in a camp, there's a lot of different activities that you can do and learn multiple things and you can try things that you don't have time for during the school year."

Olivier uses the example of their Adventures in Engineering and Science Summer Programs, which provides campers with hands-on experiences.

"It's really interesting for the kids to build stuff and to discover science in a less theoretical way than in school," she said. "Sometimes they don't have as much time or experience at school."

Another benefit is creating a balance between scheduled activities and downtime during the summer.

"Going to camp every single week during the summer might be a little too much, I think kids sometimes they get really tired, but having a few weeks of camp over the summer is really good," Olivier said.

For older kids, going to camp can also help determine where their interests are for the future.

"It's hard to tell when they're that young if they'll continue, but for sure it opens their mind to things they had not thought about before," she said. "In our teen program, those students are probably more starting to think about what they want to do in the future so I think it helps them to decide if that's what they want to pursue as a career."

ISTOCK

And, of course, attending camp gives kids a chance to make new friends.

"Our camps also create opportunities to make friends and socialize with children who share the same interests," McDonell said.

-JOHNNA RUOCCO

EXPERIENCE ONE OF A KIND CAMPS AT JCC

At JCC of Ottawa Summer Camps, kids should expect to experience the best summer of their life. JCC has a plethora of fun-filled camps to choose from to keep kids busy. Their programs offer kids unique experiences to stay active and entertained during summer vacation.

The traditional Day Camp, for kids ages three to 10, includes an instructional swim every morning. Another big draw are the weekly themes.

"That's really been a big hit, having themes every week," said Jon Braun, executive director of summer camps.

Themes include Happy Birthday Canada, where every day is a celebration filled with classic party games, and Summer Science Lab, which allows kids to try hands on interactive activities from the worlds of science and engineering.

The one-of-a-kind Traveling Sports Camp visits a different sight venue every afternoon. Participants can enjoy a wide variety of recreational sports throughout the beautiful Ottawa Valley.

"We're the only ones in the city who do a sports related field trip every afternoon, Braun said. "It makes it really exciting for the kids."

Mornings are spent at Soloway Jewish Community Centre and include a daily instructional swim and a wide range of sports including soccer, volleyball, fencing and ultimate Frisbee. Every afternoon off-site adventures include ice skating, pony riding, canoeing and a trip to Calypso and Mont Cascades Water Parks. An evening bonus allows kids to attend an Ottawa Champions professional baseball game.

The Specialty Camps include 20 unique one week experiences. Themes are directed towards specific interests, including one for nature and animal lovers and, for the more creative-minded, a film and animation theme.

New this year is the JCC Next Generation Hockey Camp for kids ages seven to 14. Mornings will be spent on ice at Carleton University with Coach Derek Miller of Next Generation Hockey. In the afternoon it's back to the JCC for dry land conditioning with a JCC fitness professional and a recreational swim.

Camps at SJCC are open to everyone. To register or for more information, visit jccottawa.com.

Tubing at JCC of Ottawa Summer Camps.

JCC OF OTTAWA SUMMER CAMPS

CAMPERS CARE FOR HORSES AT CAPTIVA FARMS

Kids who love animals will want to spend their March Break riding and caring for horses.

Captiva Farms has held summer day camps for kids for many years, but last year decided to start offering day camps for March Break.

"They learn all about the horses and the other animals on the farm," says Patrick Campeau, owner of Captiva Farms along with his wife France Bigras.

During the five day program, campers will learn about horse care, grooming, tacking, as well as take horseback riding lessons each day and trail rides throughout the week as their level allows. The campers will also spend time with the animals in the petting zoo, learning to care for them on a daily basis.

"Our day camps are all around the farm, so it's basically all around the animals," he says. "We show them the chores to do around the farm, and we have also a petting zoo with rabbits and a couple of llamas and we also have 11 ponies."

At the 450 acres horseback trail riding ranch, situated 35 minutes from downtown Ottawa off Highway 5, campers enter into a world that slows down to a horse's heartbeat.

But spending time with the animals isn't the only activity at Captiva.

"We also do tobogganing and stuff like that and we have a fire pit, we keep the kids busy," Bigras says.

The main difference between the summer camp and the March Break camp is in the summer they guarantee three hours of horseback riding per day per kid. In the winter however, it can be more difficult.

"The kids are sometimes younger and I think that for them not to freeze we don't necessarily want to (keep them out that long), which is why we charge a little bit less," she said. "There's a little bit more time spent in the barn, brushing the horses, cleaning and feeding them, giving them treats like apples and carrots."

The March Break Day Camps run from 9 a.m. to 4 p.m. for campers ages seven to 12. Parents will need to drop off and pick up their kids and campers need to bring their own lunch and snacks.

For more information, visit captivafarms.com

During the five-day program, campers can experience bonding with horses. CAPTIVA FARMS

Exploring a flair for fashion at summer camp

Youth with a flair for fashion can get a head start creating the looks of tomorrow, today, courtesy of the Richard Robinson Youth Fashion summer camps.

"Kids learn Fashion Designing and sewing skills that will serve them all their life," explains Louise Robinson. "Some have started small alteration business after this camp, others repeat the projects as gifts for their friends while others realize that this is the career they want to pursue."

The camps are run by the Richard Robinson Fashion Design Academy. There are multiple one-week camps, geared for youth aged eight to 11, and 12 to 17. For more information, people can visit richardrobinson.com/en/youth/summer.

The camps provide an overview of what it takes to become a fashion designer. From sketching ideas, to patterning, to creating simple projects, the students are walked through the process and get to explore their ideas.

ISTOCK

The courses explore both conceptual and applied skills. Students learn to sketch fashion silhouettes, design items, and explore various mediums. Then they execute simple projects using the techniques they've learned in sewing, pattern-making, and textile transformation.

It's a process that both kids and parents, enjoy Robinson added.

"Parents look forward to see their progress in sketching and the creative project of the day," she says. "Kids have such imagination and value the expression of their creativity."

The camp costs for the eight-through-11 group is $300; for the 12-17-year-old group, camp costs are $600.

GET YOUR KIDS FLEXING THEIR CREATIVITY AT OTTAWA ARTS CAMPS

Sending kids to camp can be a wonderful experience for many kids. It's an opportunity for them to explore, grow, and learn — and Ottawa arts camps are an ideal choice for families looking to give their children an experience with life-long benefits.

"The arts are great for development, to keep children active, work on their motor skills, and creativity," explained Sarah Hoy, arts program specialist with the Ottawa Community Arts Program. "Research has shown that art is good for health in many ways, not just physically. For example, art can help relief stress, can work on concentration, the list goes on.

"This is a way for children to make new friends while exploring a creative outlet that is exciting and, possibly, new to them."

The Nepean Creative Arts Centre and the Nepean Visual Arts Centre offers a number of programs for children aged five through 18, which can be accessed at ottawa.ca/recreation. Interested people can also call 613-580-2588, or visit any City of Ottawa Recreation facility or Client Service Centre during normal operating hours.

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"I think all children can benefit from arts camps. Sit down with your child and explore their interests to see where they best fit," she said. "Maybe they love to sit and paint, then one of the visual arts classes may be great for them. Maybe they have a lot of energy, so a dance class would not only be physically active for them, but also teach focus and routine.

"Art is about exploring — materials, techniques, ideas — and kids thrive in this type of atmosphere so they are open to the experience and have little hesitation to dive in."

Youth Fashion
Summer Camp
For 8 to 10 Years Old
Sleep over - July 3 to 7 - $300
Art lover - July 10 to 14 - $300
Sleep over - August 7 to 11 - $300
For 11 to 17 Years Old
Beginner - July 3 to 14 - $600
Beginner - July 17 to 28 - $600
Advanced - August 7 to 18 - $600
Register Today!
ONLINE www.richardrobinson.com Visit the "Youth Summer Camps" section and fill out the form.
BY MAIL, PHONE, FAX OR IN PERSON Fill out the camp registration form and send it to:
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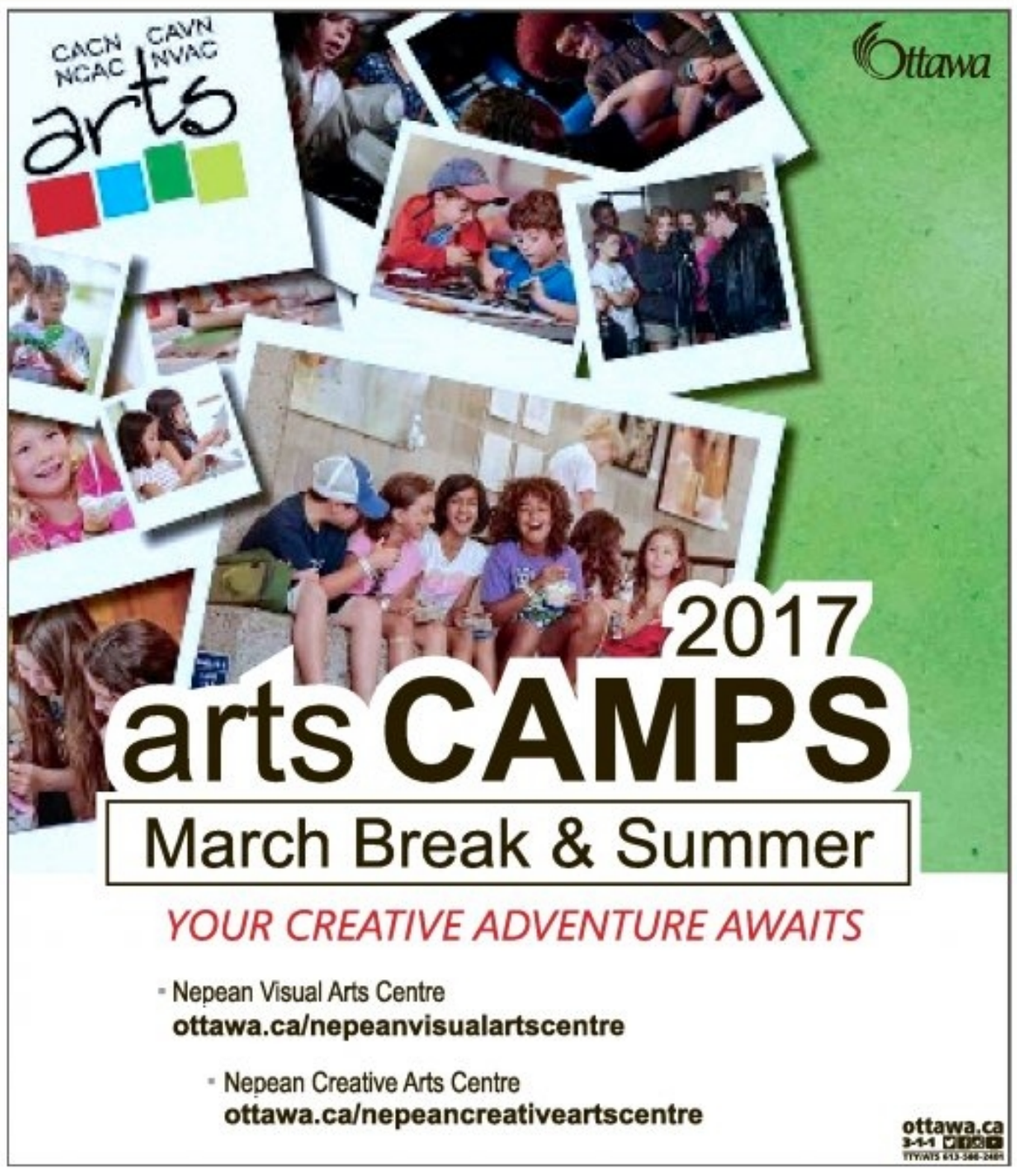

Four new camps on offer from the City of Ottawa

The City of Ottawa has plenty of new summer camps to offer this year for interests from dance and music to computers and Minecraft.

Four new programs are on the table this year. City staff are constantly reviewing their program offerings to ensure they meet the needs of Ottawa's residents.

"Some camps are created in partnership with unique and talented service providers, other camps are created in consultation with the local community," says Kendra Sheedy, communications co-ordinator at the City of Ottawa. "We are always innovating and welcome feedback from residents on what they would like to see at their local recreation centre."

One new camp is Urban Arts, where campers mash up urban dance, music and design to create new grooves, beats, street art and funky threads. Participants will get to write original rap beats, make a 'snapback hat' and develop new dance moves.

Another new offering is Dance and Ukulele. Campers will move to the beat of energetic dance styles and learn the basics of playing the ukulele. Ukuleles are provided and campers will become performers and star in a camp recital.

Group skills and creative thinking will be put to the test at Escape Adventures, another new camp this year. Campers will team up to plan, develop and build their escape room then put it to the test.

For Minecraft manics, the City is putting on Computer Minecraft Mania, where participants will learn awesome computer skills in programming, animation, website creation and graphics. Campers will create a new Minecraft themed game, website and comic book. The camp is broken up into a half day of computer instruction and a half day of camp activities

The City also has a Camp Ottawa series - an excellent selection of core camps that offer children a variety of activities and crafts.

Registration is open now. Children aged four to 12 can participate in City of Ottawa camps. Most camps operate for ages six to 12, but the City also offers a range of camps for four to five year olds, as well as pre-teens and youth. The City also offers a variety of March Break camps.

The City offers a tremendous variety of quality recreation camps and programs throughout the year. For more information, visit ottawa.ca/summercamp or a local recreation facility.

CITY OF OTTAWA

ISTOCK

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Carleton offering 14 camps for kids

Carleton University Sports Camps offer a wide range of fantastic camps to choose from, but there are also several newer camps for kids to check out this year.

Carleton U offers 14 different camps and last year more than 5,000 kids from aged four to 17 attended their summer camps that exercise the body and the mind. They are once again offering all their camp favourites, including the multi-sport Sports Camp, Mini Ravens for kindergarten-age kids and Lifesaving and Leadership camps for older kids.

For kids wanting to focus on a particular sport, Carleton U also has a wide range of week-long single discipline camps including basketball, hockey, art and sport, soccer, ringette, tennis, football, creative writing and sports and earth sciences and sports.

New for 2017

There are also some exciting new offerings for participants to take advantage of this year.

The new High Performance Athlete Camp for athletes aged 13-16 will provide a unique week of training and learning for competitive teen athletes in any sport.

"Participants will spend about three hours working with the Ravens strength and conditioning team to build a profile of the ideal strength, power and movement training regime for their age, sport and personal physiology," says Chris Surgeoner, camp and intramural co-ordinator.

Campers will spend about 90 minutes in classroom sessions on sports psychology, nutrition and performance, injury prevention, performance therapy and a coach's perspective on recruiting and marketability to college and university varsity teams will also be included. The remainder of the day will be dedicated to different sports such as squash, fencing, basketball, spikeball and soccer.

The Fencing and Sports camp will feature half a day of fencing lessons and practice and half a day of other sports and activities.

Fencing has always been one of the most unique and popular sports at the Ravens sports camps," Surgeoner says. "This summer we will be offering the opportunity for participants who are interested in fencing to have a more in-depth experience."

Half of each day will be dedicated to learning and practicing fencing with the Ravens fencing instructors and the other half spent on a range of other sport activities.

Also for the first time ever, Carleton U will be offering two weeks of a girls-only sports camp in late July and early August.

Additionally, their new Skate and Swim camps provide younger kids in Grades 1-3 the chance to improve both their swimming and skating with lessons in both at a single camp.

Registration is now open for Carleton University Sports Camps. To register, or for more information, visit athletics.carleton.ca/camps, or by calling our sports camp team at (613) 520-2600 ext. 1012.

March Break Camps!
Multisports Camp
Mini Ravens Camp
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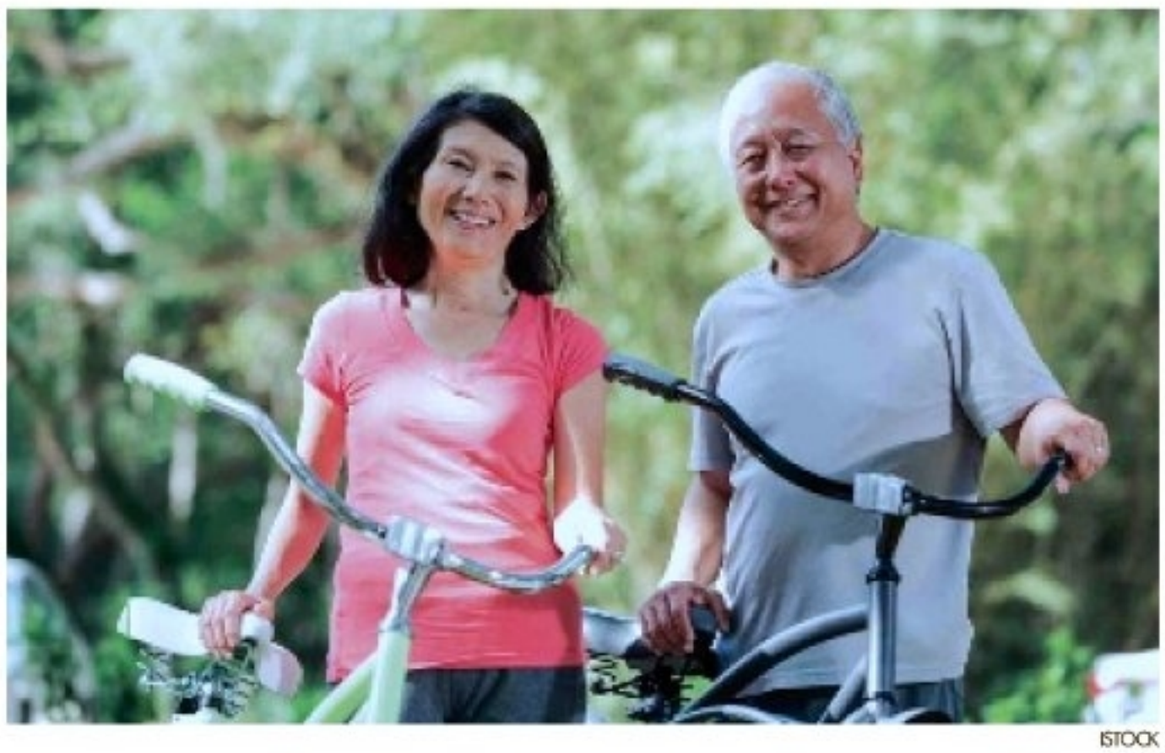

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Did you know that nine out of 10 Canadians over age 20 have at least one risk factor for heart disease? More than 1.6 million Canadians have heart disease — the second leading cause of death in the country.

Heart disease is a risk factor for both heart attacks and sudden cardiac arrests. A heart attack — a circulation problem where blood flow to the heart is blocked — has some risk factors you can control, like lack of exercise, stress, and being overweight.

But sudden cardiac arrest — an electrical problem, where the heart malfunctions and stops beating — can happen to people of any age, of all fitness levels and without warning.

Decrease your risk of heart disease by improving your heart health with these simple lifestyle changes and tips the whole family can follow.

Start moving: Begin with 30 minutes of moderate exercise every day, and increase if you can. Don't have time to hit the gym? Taking the stairs, walking to work or the grocery store, and parking further away at the mall are all easy ways to sneak in some activity throughout the day.

Develop healthier eating habits: Follow Canada's Food Guide, making sure to eat the recommended daily servings of fruits and veggies. Choose healthy fats like omega-3s and reduce your sodium intake with fresh, unprocessed foods and low-sodium versions of items like soups and pasta sauces.

Manage vices: Develop a plan with your healthcare provider to quit smoking, which increases blood pressure and contributes to blocked arteries, and cut back on your drinking.

Destress: Improve how you cope with stress through exercise, meditation and better work-life balance.

Be prepared: Chances of surviving sudden cardiac arrest double when CPR is used in combination with an AED in the first few minutes. An automated external defibrillator checks a person's heart and delivers an electric shock if it has stopped beating normally.

-NEWS CANADA

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HOW YOU CAN ACHIEVE OPTIMAL HEART HEALTH

When it comes to cardiovascular health, prevention is key. NutriChem, a naturopathic health clinic and compounding pharmacy in Ottawa, has been helping people achieve optimal heart health for over 35 years.

NutriChem's Body Chemistry Balancing (BCB) Test uses blood and urine samples to study more than 60 biochemical markers.

"Balancing cholesterol is not the only preventive measure people can take," says one of NutriChem's naturopathic doctors Dr. Emma Pollon-MacLeod. "Regulating other things like blood sugar levels and inflammation in the body are equally as important."

The BCB Test includes cholesterol testing, blood sugar regulation assessment, and inflammation evaluation through a simple blood test that measures high-sensitivity C-reactive protein (hs-CRP). Important nutrients for heart health such as CoEnzyme Q-10 and vitamin E are also evaluated.

While it is helpful to know your cardiovascular biochemistry before a NutriChem clinician or nutritionist makes recommendations, supplements are also available in store.

"Our store staff is very knowledgeable in recommending supplements," says Laura Mierzwa, a NutriChem registered holistic nutritionist and store manager. "And it's nice that a pharmacist is always available to see if there are any contraindications for medications that a person may be taking."

The most important supplements for heart function are:

- **Omega 3 Fish Oil**, which helps regulate cholesterol and blood pressure and helps to reduce blood clotting;
- **Magnesium**, an essential mineral for heart function that helps regulate blood pressure and heart palpitations, and supports heart muscles and arteries;
- **CoEnzyme Q-10**, a natural antioxidant that supports heart health, capillary integrity and helps to reduce blood pressure;
- **Hawthorne**, a herbal extract best taken in liquid form that helps pump blood more efficiently, regulates blood pressure, and aids in reducing plaque buildup in the arteries;
- **Garlic**, which supports healthy blood pressure as well as cholesterol levels and homocysteine levels, which can contribute to plaque buildup.

For more information, visit one of NutriChem's two Ottawa locations (on Richmond Road and St. Laurent Boulevard), or go to nutrichem.com.

TAKE YOUR CAREER TO THE NEXT LEVEL

Thinking about graduate studies? Consider submitting an application for a program offered at Saint Paul University (SPU).

SPU is Ottawa's spiritual, human, open and engaged university. Located in the heart of the nation's capital, SPU is the founding college of the University of Ottawa, with which it has been federated since 1965.

A bilingual institution that favours small classes and big ideas, SPU also represents an ideal choice for students wishing to pursue graduate studies. It offers students the personal support and guidance they need to succeed and a library with an outstanding collection of documents that is second to none.

At SPU, students can choose one of many graduate diplomas, all of which can be completed in one year and provide graduates with a competitive edge. Prime examples of these graduate diplomas include the Graduate Diploma in Public Ethics, the Graduate

ISTOCK

Diploma in Supportive Care and Spirituality in Palliation, the Graduate Diploma in Couple Counselling and Spirituality, and the Graduate Diploma in Contemplative Theology and Spiritual Mentorship.

Interested? Take advantage of SPU's Student for a Day Program (ustpaul.ca/en/student-for-a-day_545_533.htm). This authentic experience allows you to attend one or two classes in the program of your choice.

Visit ustpaul.ca to learn more about the graduate diplomas and master programs offered at SPU.

GET INTO HIGH-DEMAND FIELDS

Professionals who have already completed post-secondary education but are looking to boost their credentials and obtain the type of specialized training today's employers value should turn to Algonquin College's range of graduate certificate programs, says a marketing office at the school.

"The main function of these programs is to get people into fields that have a high demand while equipping them with real world experience," says Janice Pryce of the school's more than 50 graduate certificate programs. "We see a lot of university graduates who may have taken a broader-based program taking advantage of these offerings to obtain specialized knowledge as well as people looking to change careers or those who want to stay in their field but move into management."

Because they are geared towards mature learners, Algonquin's graduate certificate programs are delivered in various formats that include full or part-time (evenings and weekends) on-campus classes or an online delivery to accommodate students' busy schedules and needs.

"Sixty-four per cent of our students are 20 years old or older, which means many of them have careers and responsibilities," she says. "We recognize we have to be flexible,

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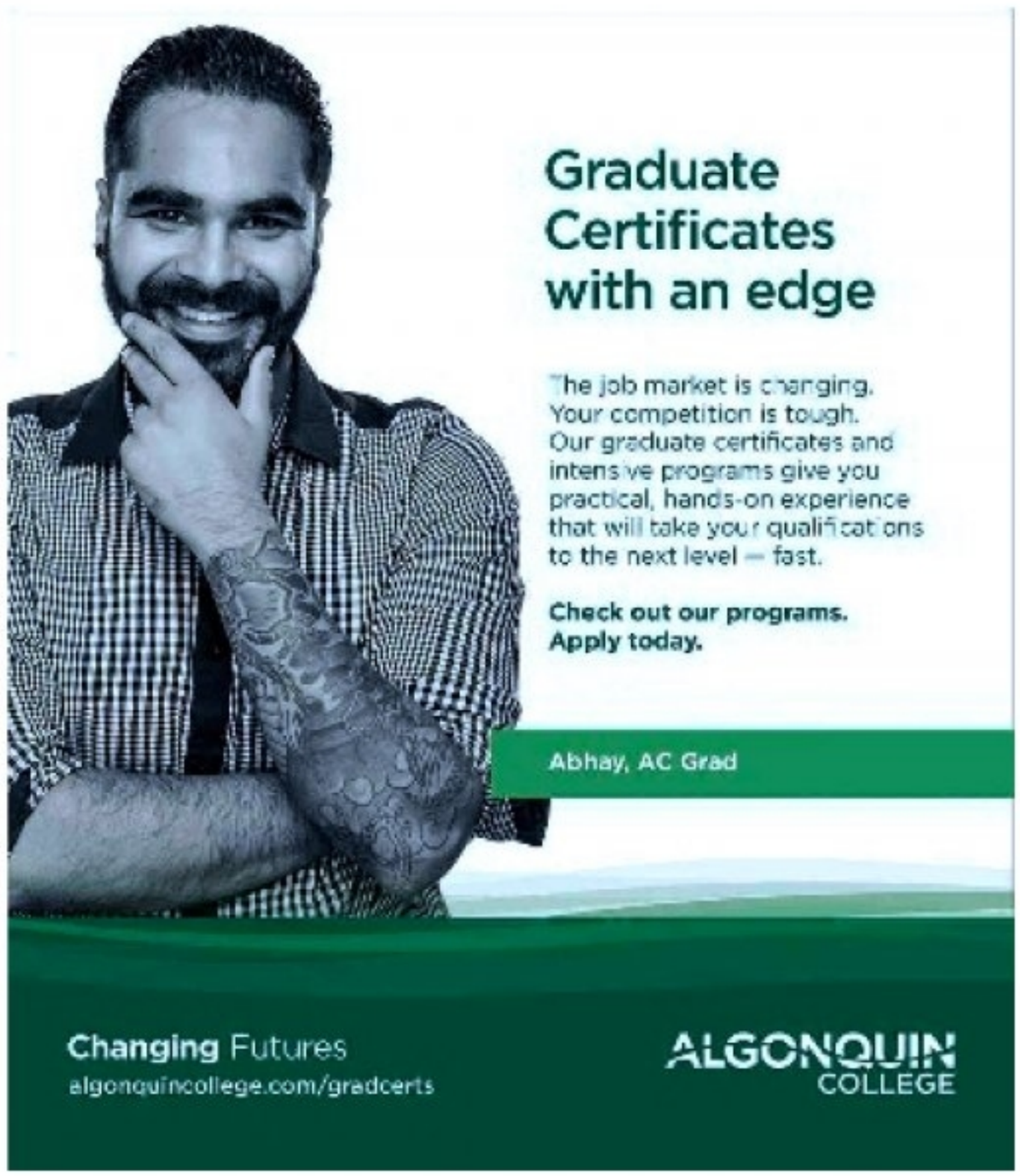
not only in the delivery options but also in course content. These programs are designed to build on existing education so students aren't wasting any time covering topics with which they are already familiar."

The need and demand for such programs, says Pryce, is continuing to increase due to an uptake in specializations that didn't exist five to 10 years ago. She specifically points out roles such as social media manager and digital marketer as examples of this shift.

Last September, Algonquin added three new graduate certificate programs to its roster — digital health, regulatory affairs — sciences, and retirement communities. In January, meanwhile, the college launched an energy management graduate certificate.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ALGONQUIN COLLEGE

FREE ENGLISH CLASSES

Language Instruction for Newcomers to Canada (LINC)

Ottawa Chinese Community Service Centre (OCCSC)

400 Cooper St., Suite 2000, Ottawa

For more information, call: **613-235-4875** ext.126/128

- Part-time with flexible schedules; evening and Saturday classes available LINC 1-6
- Three attractive locations: Central, Barrhaven and Kanata
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In LINC classes at OCCSC, you will learn about:

- Job Market – Employment preparation
- Post-secondary education
- Canadian society (culture, communication) and many other topics of importance and interest to newcomers

LEARN ENGLISH IN A FRIENDLY INCLUSIVE ENVIRONMENT

For nearly 30 years, the Language Instruction for Newcomers to Canada (LINC) program, facilitated by Language Training Services at the Ottawa Chinese Community Service Centre (OCCSC), has been helping people from around the world learn English in an inclusive environment.

"The atmosphere is very friendly, welcoming and accommodating," says Snezana Minic, the Centre's language programs manager. "For example, our students initiated and we organized a wonderful welcoming party for the first Syrians that we accepted in our program a year ago."

Funded by Immigration, Refugees and Citizenship Canada, LINC is offered in levels that range from beginner to high intermediate. Participants must be permanent residents or convention refugees, but other eligible immigration categories also exist. To be placed in the appropriate level, students must complete an assessment based on the Canadian Language Benchmarks at the YMCA Language Assessment Centre.

"People's biggest fear is usually how they will do at the language assessment," says Minic.

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"But they shouldn't have any worries because they will be accepted to the appropriate class and have the best time learning English with knowledgeable teachers and classmates with whom they will remain friends for a long time."

Interactive classes — led by native English speakers with university or college degrees in related fields who posses a Teachers of English as a Second Language (TESL) Ontario certificate — include a variety of activities, guest lecturers and field trips, says Minic.

Feeling stuck without your high-school diploma?

Chantal Lajeunesse, a single mother of four, was shocked when her oldest son said he wasn't getting his high school diploma until she got hers.

Lajeunesse, a public servant, dropped out of high school at 16 and she says despite her government job, she felt stuck without her diploma.

Wanting to encourage her son to strive for more, Lajeunesse enrolled in continuing education courses at the Ottawa-Carleton District School Board (OCDSB) in 2014.

"When I graduated, I asked if I could say a few words and then asked my son to stand up and told the audience the story of how I enrolled and that my son would be enrolled in 2015," says Lajeunesse. "The next year he graduated. That was awesome."

The OCDSB offers a range of continuing education courses that are delivered through various formats and options including night classes, the opportunity to complete courses online and come in just once a week to meet with the course facilitator, as well as the possibility to use cooperative education for course credits.

"When you enroll, the staff helps you, in plain language, to put a finger on what it is you want to accomplish and supports you in your goals," says Lajeunesse.

In addition to newfound confidence, Lajeunesse says obtaining her diploma at OCDSB has opened the door to more acting positions in her department that include supervising and coordination roles.

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Continuing Education — *Learn More, Be More!*

metro SPORTS

Three-time Olympic short-track speedskating medallist Isabelle Charest has been named Canada's chef de mission for the 2018 Winter Olympics

Sens fully stocked in goal

NHL

Returning Anderson won't be rushed into game action

The Ottawa Senators will likely ease goaltender Craig Anderson back into the lineup after taking a leave of absence to spend time with his wife as she underwent cancer treatment in New York.

Anderson resumed practising last week but wasn't at Monday's session as he was helping his family get settled back home in Ottawa. While the Senators are thrilled to have him back, head coach Guy Boucher doesn't plan to rush him into game action.

"He's 100 per cent, he doesn't have an injury, he could play a game, it's just we're trying to get him to his level before we put him in there," Boucher said. "We could put him in there tomorrow morning and he could play a game, absolutely. It's not like you're trying to get a guy back from an injury where it prevents him from doing what he can.

"Right now it's just a question of stamina and timing."

Anderson's wife Nicholle was diagnosed last fall with nasopharyngeal carcinoma, a cancer that starts in the upper part of the throat behind the nose and near the base of skull. She underwent treatment at the Memorial Sloane Kettering Cancer Centre and recently expressed her excitement about returning to the nation's capital.

Goaltender Craig Anderson, who took a leave of absence to spend time with his wife as she underwent cancer treatment, hasn't played since Dec. 5. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

"You don't even know, it feels so good to be back! #hellloottawa #happytears," Nicholle said on Twitter over the weekend.

Anderson's last appearance came Dec. 5 in an 8-5 loss to the Pittsburgh Penguins. Boucher turned to Mike Condon over the last two months — he has made 27 consecutive appearances — with Anderson away and Andrew Hammond sidelined with a high ankle sprain.

Hammond was recently cleared to play and served as Condon's backup on last week's three-game road trip. Ottawa will kick off a four-game homestand Tuesday against the St. Louis Blues, but Boucher did not announce who would get the start in net.

"We've been wanting to give (Condon) a break for a little while now," Boucher said. "If we can give him a break (Tuesday) because we feel that either one of the other ones can do that, that's an option. It doesn't mean we're doing that, but we have an option." THE CANADIAN PRESS

> **If it wasn't for Condon we'd be in the basement.**
> Guy Boucher, head coach of the Senators (27-17-6) who are second in the Atlantic Division

TENNIS

Shapovalov fined for ball to ump's face

Canadian tennis player Denis Shapovalov was fined $7,000 US by the International Tennis Federation on Monday for his on-court actions in a Davis Cup match against Britain a day earlier.

The 17-year-old from Richmond Hill, Ont., lost via default in the deciding match of the World Group first-round tie at TD Place after unintentionally striking chair umpire Arnaud Gabas in the eye with a ball.

Denis Shapovalov GETTY IMAGES

After firing a backhand wide to give up a break to Kyle Edmund early in the third set, Shapovalov pulled out the extra ball from his pocket and launched it in frustration. Gabas was struck near the left eye and referee Brian Earley declared an immediate default for unsportsmanlike conduct.

> **I promise that I will learn from this and that this will not happen again. I hope you guys can forgive me.**
> @denis_shapo

"There is no excuse for this behaviour and I take full responsibility for my action," Shapovalov said Monday in a statement on Twitter. "I'm very sorry to Mr. Gabas to whom I apologized in person. Very sorry for letting my Davis Cup teammates down and for letting my country down."

Gabas had swelling and bruising under his eye and was taken to Ottawa General Hospital. A precautionary evaluation did not find any damage to the cornea or retina.

Edmund was given a 6-3, 6-4, 2-1 victory as Britain advanced to the World Group quarter-finals with the 3-2 win. Canada will be forced to play a World Group playoff tie to keep its spot at the elite level for 2018.

THE CANADIAN PRESS

TEXAS

Help sought to find Brady's 'stolen' jersey

Texas Lt. Gov. Dan Patrick is asking the state's top law enforcement officers to help locate Tom Brady's missing game jersey, which disappeared from the New England Patriots' locker-room after the Super Bowl.

The Republican said in a statement Monday that Brady's jersey "was stolen" after the Patriots beat the Atlanta Falcons 34-28 at Houston's NRG Stadium on Sunday night, and that city police were already investigating.

Patrick said Texas places "a very high value on hospitality and football," adding: "It is important that history does not record" that Brady's jersey was stolen in the state.

He continued: "Whoever took this jersey should turn it in" since the "Texas Rangers are on the trail."

Brady said after the game that the jersey was missing and joked that he expects to see it soon in an online auction.

THE ASSOCIATED PRESS

IN BRIEF

Ex-CFL coach to attend Warner's HOF induction

John Gregory's summer schedule now includes a trip to Canton, Ohio.

The former CFL head coach will attend the 2017 Pro Football Hall of Fame induction ceremony, keeping a promise he made to Kurt Warner when he became a finalist. Gregory told his former quarterback he'd be there when Warner was formally inducted.

Warner will be enshrined Aug. 5. THE CANADIAN PRESS

SOCIAL MEDIA

Pats' win earns fan a date with Bouchard

Forget the Lombardi Trophy. The New England Patriots' shocking comeback win over the Atlanta Falcons in Super Bowl 51 earned one fan a date with Canadian tennis star Eugenie Bouchard.

With the Falcons holding a big lead over the Patriots Sunday, Bouchard tweeted that she "knew Atlanta would win."

A fan then asked her to go on a date if the Patriots somehow ended up winning and in what must have seemed like a low-risk reply, Bouchard said, "sure."

Eugenie Bouchard GETTY IMAGES

Her final tweet of the night was one of resignation, "Lesson learned. Never bet against Tom Brady." THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Cosy Beef and Mushroom Stew

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

All this needs is a side of mashed potatoes to cosy up to.

Ready in 1 hour 20 minutes
Serves 4

Ingredients
- 2 lb stewing beef
- 2 Tbsp flour
- Salt and pepper
- 2 Tbsp olive oil
- 2 onions, diced
- 3 cloves garlic, minced
- 1 lb mushrooms, halved or quartered, depending on size
- 2 large carrots, diced
- 2 sprigs fresh thyme
- 1/3 cup tomato paste
- 1/2 cup white or red wine (optional)
- 4 cups beef broth

Directions

1. Shake flour onto plate and season with salt and pepper. Dredge meat through the flour.

2. In a big pot or dutch oven, warm olive oil over medium heat. Brown meat in batches. Place cooked meat on a clean plate.

3. Add onion and garlic and sauté 3 minutes. Toss in mushrooms and thyme and cook another 5 minutes. Add tomato paste and stir well. Cook for a couple of minutes.

4. Add wine. Use wooden spoon to scrape bottom of the pot to loosen up all caramelized beefy goodness. Add stock and beef, bring it to a simmer, cover and simmer about an hour. Now add carrots and cook 10 minutes. Serve over mashed potatoes.

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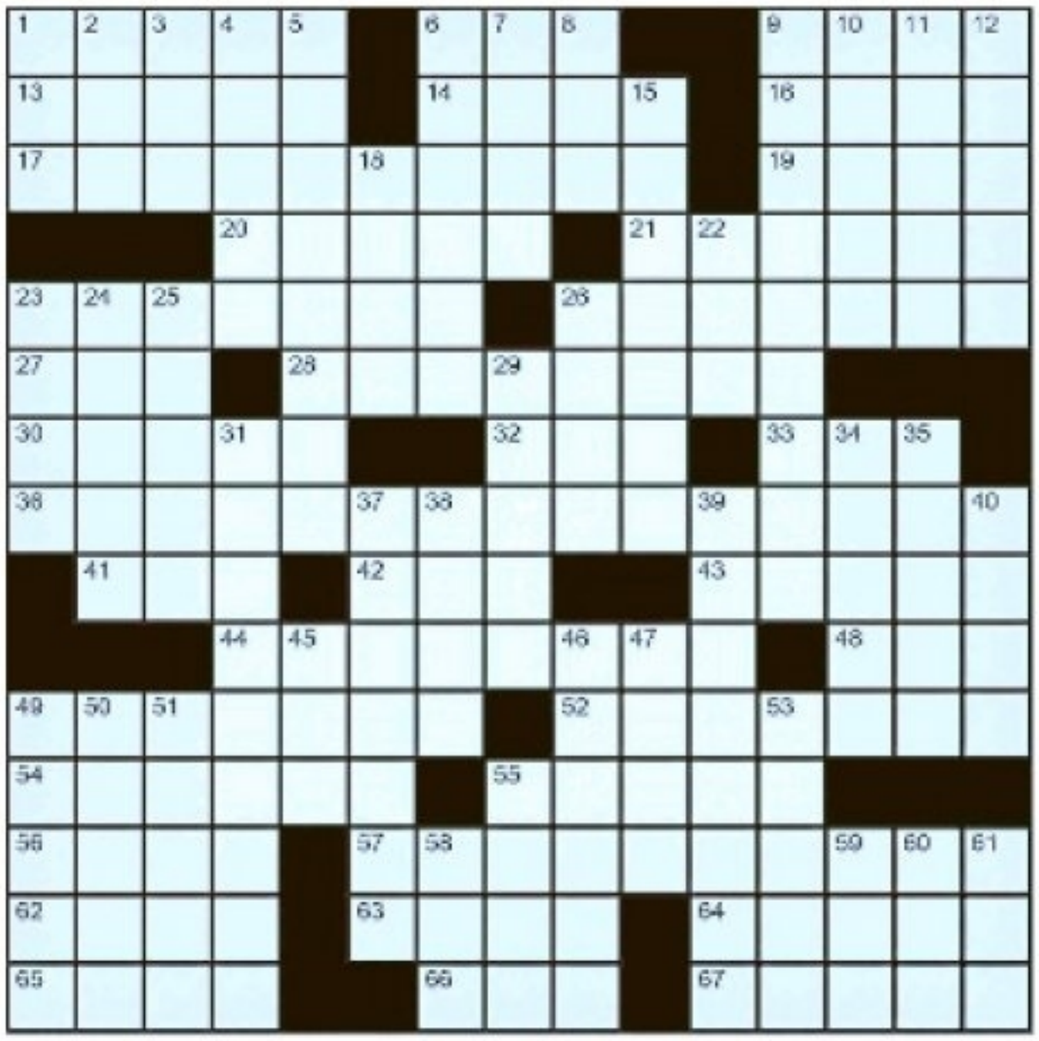
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "I'll have __ salad sandwich, please." (Lunchtime order)
6. Walther ___ (James Bond firearm)
9. 'Photosynth' suffix
13. Sister: French
14. Banff National Park creatures
16. Pound sound
17. Adrien Brody's Oscar-winning role movie: 2 wds.
19. Great Lake
20. __, Arizona
21. Royal court entertainer
23. German state bordering Austria
26. Victoria-born singer/songwriter Nelly
27. "Cold Mountain" (2003) role
28. 20th-century Spanish artist Mr. Dali
30. "That'll get done.", in radio communication
32. 'Fluor' finisher
33. Alias indicator
36. Team Wayne Gretzky was traded to (from the Edmonton Oilers) in 1988: 3 wds.
41. Ott. NHL player
42. 'Excess' suffix
43. Torpid
44. Mechanic's outfit
48. Pastureland
49. One extending a membership
52. Fan's rare audio of a rock concert
54. Python slayer in mythology
55. Harbour haulage
56. Ipsos Reid specialty
57. College society
62. Stagnate
63. Most preferred, for short
64. Jubilant, in verse
65. Ownership document
66. Marry
67. Retail complexes

DOWN
1. 'Bomb' add-on (Pompous talk)
2. Form of stage show in Japan
3. "Aaaii-_!!" (Comic book scream)
4. Dr. Sanjay __ (CNN's Chief Medical Correspondent)
5. Scottish documentarian who founded the National Film Board of Canada in 1939, John __ (b.1898 - d.1972)
6. Corresponding chum: 2 wds.
7. Ballet move
8. Initials-sharers of Kendall Jenner's older sisters
9. Meticulous work woe, perhaps
10. Mattress brand
11. Nicki Minaj song: 2 wds.
12. 'I hope', to Caesar
15. Nunavut: Igloo-shaped attraction in Iqaluit, __ Anglican Cathedral
18. "What ___ mind reader?"
22. 'Ranch' suffix
23. Wail
24. "Good-bye!"
25. Waltz, in Paris
26. Lose colour, as jeans
29. More repulsive
31. Invalidated
34. Solemn bell sound
35. Concur
37. Emit: 2 wds.
38. By any chance?
39. Unit of weight in Canada
40. Male deer
45. Stealth bird
46. Declined
47. Mythology
49. Sort of transit
50. Lyric poem
51. __ prosequi (Not proceeding, in law)
53. Polynesian archipelago kingdom
55. Prehistoric paintings place, perhaps
58. Not cooked, as meat
59. __-defined
60. Address book abbr.
61. Go-ahead response

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid domestic arguments today, because they will easily arise — especially with a female relative. People are touchy, emotional and volatile. You have been warned.

Taurus April 21 - May 21
This is a classic day for arguments with others, especially siblings, relatives and neighbors. This angry energy might cause you to have an accident. Be careful.

Gemini May 22 - June 21
Disputes about money and possessions are likely today. They could relate to something at home or to a female relative. Either way, tread carefully.

Cancer June 22 - July 23
Today the Moon is in your sign, which makes you more emotional than usual. On top of that, it is at odds with fiery Mars. This is a challenging day! Remain calm so to avoid disputes with others.

Leo July 24 - Aug. 23
This is a restless day. There's no doubt that you feel impatient with others. You might not speak up, but inside you are secretly gritting your teeth. Easy does it.

Virgo Aug. 24 - Sept. 23
People are quarrelsome today. When talking to a friend or perhaps a member of a group, you must tread carefully. Don't go looking for trouble, because it will find you.

Libra Sept. 24 - Oct. 23
Be careful when talking to authority figures today, especially your mother or a female boss. The bottom line is that people are emotionally volatile today, and they will react without thinking first. Be cool.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because things will go south in a New York minute. Don't try to win or keep score. Just keep the peace.

Sagittarius Nov. 23 - Dec. 21
Choose another day to discuss how to divide an inheritance or share something with someone, because a discussion will quickly deteriorate into a fight.

Capricorn Dec. 22 - Jan. 20
You have to go more than halfway when dealing with others, because this is a dicey day. Frankly, things are not going your way. Just tread water.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and customers today, especially female acquaintances. Don't get your belly in a rash.

Pisces
Feb. 20 - March 20
Parents will have to be patient with their kids today. Likewise, romantic partners must be patient with each other, because it's a quarrelsome day! Easy does it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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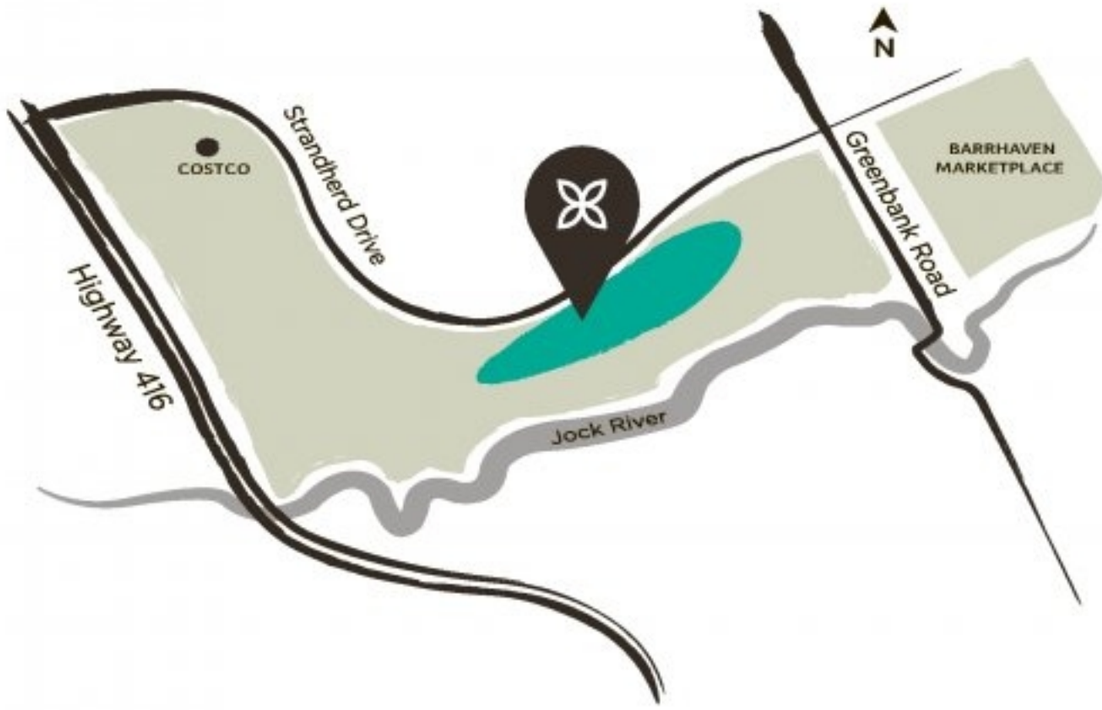

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